

MENTAL HEALTH & WELLBEING RESOURCES FOR GRAD STUDENTS

COUNSELLING & MENTAL HEALTH

<https://students.ok.ubc.ca/health-wellness/counselling-mental-health/>

STUDENT HEALTH CLINIC

<https://students.ok.ubc.ca/health-wellness/student-health-clinic/>

GROUPS AND WORKSHOPS

<https://students.ok.ubc.ca/health-wellness/counselling-mental-health/groups-and-workshops/>

<https://discoverycollegekelowna.com/courses/>

<https://events.ok.ubc.ca/> and <https://events.ubc.ca/> - for social and academic events

COLLEGE OF GRADUATE STUDIES – Health, Wellness & Safety

<https://gradstudies.ok.ubc.ca/health-wellness-and-safety/>

UBC STUDENT ASSISTANCE PROGRAM (SAP)

<https://students.ok.ubc.ca/health-wellness/student-assistance-program/>

HEALTH INSURANCE FOR INTERNATIONAL STUDENTS

<https://students.ok.ubc.ca/health-wellness/health-insurance-for-international-students/>

STUDENT CARE – EXTENDED BENEFITS & PLAN COVERAGE

<http://studentcare.ca/rte/en/IHaveAPlan> [UBCOkanaganUniversityofBritishColumbiaStudentsUnionOkanaganUBCSUO](http://www.ubc.ca/okanagan/UBCOkanaganUniversityofBritishColumbiaStudentsUnionOkanaganUBCSUO) [Home](http://studentcare.ca/rte/en/IHaveAPlan)

WALK-IN WELLNESS CLINIC (Psychology clinic on campus)

<https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>

STUDENT LIFE (Activities, recreation, associations and clubs)

<https://ok.ubc.ca/student-life/>

CAMPUS HEALTH – VOICE RESEARCH PROJECT

<https://campushealth.ok.ubc.ca/>