

# RESOURCE GUIDE:

# MENTAL HEALTH &

# WELLBEING.

## UVIC & UVSS

### UVSS Peer Support Centre

- A safer space created to be an inclusive and comfortable space for students from all walks of life. Whether you are struggling with or have questions regarding mental health, are concerned for a friend, or need help accessing resources on or off campus, you can seek a first-point-of-contact at the Peer Support Centre. Our trained student volunteers are here to listen, offering non-judgmental, empathetic and confidential support while helping fellow students navigate next-step resources and student life at UVic.
- <https://uvss.ca/peer-support-centre/>

### UVic Student Wellness Centre Counselling

- <https://www.uvic.ca/student-wellness/wellness-resources/mental-health/index.php#ipn-swc-clinical-counselling-team>

## CLINICS & ORGANIZATIONS

### Burn Bright Counselling

- Queer and Trans specialized counselling clinic.
- Offers hormone readiness assessments.
- Offers upper and gonadectomy surgical recommendations.
- <https://www.burnbrightcounselling.ca/>

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## CLINICS & ORGANIZATIONS

### Body Mind Counselling

- Non-judgmental, inclusive, and affirming counselling for issues related to sexual orientation and gender identity.
- <https://www.bodymindcounselling.ca/>

### The Queer Care Collective

- We are a group of counsellors, therapists, coaches and body-workers. All of our practitioners are inclusive and skilled in working with folks of all gender identities and sexual orientations, are kink, sex-work and non-monogamy friendly.
- <https://www.bodymindcounselling.ca/>

### Cedar Moon Counselling

- Shay (they/them) has a Master of Social Work and is a Registered Social Worker. They specialize in gender and sexuality exploration, sexual violence, biracial identity, and relationship concerns. Offering hormone readiness assessments on a sliding scale. Shay also accepts FNHA and CVAP clients.
- [www.cedarmooncounselling.com](http://www.cedarmooncounselling.com)

### Holistic Counselling

- Ocean Lum (Bsc, MA), is a Registered Clinical Counsellor, a Yoga therapist, Yoga teacher and a mindfulness instructor. She conducts hormone assessments.
- <https://holisticcounsellingvictoria.com/>

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## CLINICS & ORGANIZATIONS

### Victoria Sexual Assault Centre

- The Victoria Sexual Assault Centre is a feminist organization committed to ending sexualized violence through healing, education, and prevention. We are dedicated to supporting women, Trans, Two-Spirit, and Gender-Diverse survivors of sexual assault and childhood sexual abuse, through advocacy, counselling, and empowerment.
- <https://vsac.ca/>

### Personality Disorder BC

- Transference focused psychotherapy online group.
- For peoples with BPD or NPD (or high clinical suspicion).
- MSP-covered, PCP referral required.
- <https://personalitydisorderbc.ca/>

### Victoria Mental Health & Substance Use (MHSU)

- Individuals seeking adult 19+ mental health and substance use services
- Self-referral by calling in or through primary care provider referral.
- <https://www.islandhealth.ca/our-services/mental-health-substance-use-services/adult-mental-health-substance-use-services/victoria-mental-health-substance-use>

### Vancouver Island ADHD Association

- Peer-based organization, website has resources and info.
- Bi-monthly peer support meeting on Zoom.
- <https://vancouverislandvoicesforeatingdisorders.com/>

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## CLINICS & ORGANIZATIONS

### Vancouver Island Voices for Eating Disorders

- Peer-based organization, website has comprehensive local resource lists for patients and clinicians. Bi-monthly peer support group on Zoom.
- <https://vancouverislandvoicesforeatingdisorders.com/>

### Inter-Cultural Association of GVA

- The Q+ Crew is ICA's peer support group for 2S/LGBTQ+ newcomers, refugees and racialized Canadians aged 18-30. Come make friends and share your experience with people who have been there too! Our programs are offered virtually and in-person. Q+ Crew attendees also receive a select number of free counselling sessions with Marigold Counselling. Registration required before attendance.
- <https://www.icavictoria.org/lgbtqaiservices/>

## PRACTITIONERS

### Beckham Ronaghan, MSW, RCSW

- Registered Social Worker with a Masters of Social Work offering virtual therapy to patients across British Columbia.
- Available for those looking for gender affirming services - hormone readiness assessments and surgical readiness assessments.
- <https://www.beckhamronaghan.com/>

### Heather Michael, MSW RCSW

- Registered Clinical Social Worker.
- Specializing in Mental Health wellness. Offers hormone readiness assessments - Youth & Adults. LGBTQ2S+.
- <https://www.heathermichael.ca/>

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## VIRTUAL & ONLINE RESOURCES

### Breathr

- Mindfulness app, developed by BC Children's Hospital.
- <https://keltymentalhealth.ca/breathr>

### MindSpace

- Multiple virtual psychoeducational skills groups.
- CBT Skills Level 1, ADHD Strategies for Success, CBT for Insomnia.
- Most 8 week x 90 minutes.
- MSP funded with \$75 refundable deposit.
- PCP referral required
- <https://mind-space.ca/>

### BCalm

- Art of Living Mindfully.
- 8 Week x 90 minutes class in mindfulness and CBT for managing stress and anxiety.
- MSP funded, PCP referral required.
- Virtual and in person options.
- <https://bcalm.ca/faq/>

### Bounceback

- Online skills-building CBT-based program for depression & anxiety with multiple modules, offered through the CMHA.
- Options to either explore modules/workbooks independently or work through them with the support of a coach (PCP referral required for coaching, MSP funded).
- <https://bouncebackbc.ca/>

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## VIRTUAL & ONLINE RESOURCES

### Living Life to the Full

- 8 week CBT-based mental health promotion course for managing stress & life challenges, offered by CMHA.
- In person and virtual but offerings limited.
- Youth and Adult options.
- No referral required.
- <https://bc.cmha.ca/programs-services/living-life-to-the-full/>

### STEPS DBT Skills group

- Virtual 12 session DBT skills group offered several times a year via STEPS.
- PCP referral required.
- <https://stepshealth.ca/news>

### STEPS Coping with Chronic Conditions

- Virtual 9 session group facilitated by psychiatrist and RN, focusing on coping skills for chronic conditions offered several times a year via STEPS
- PCP referral required.
- <https://stepshealth.ca/news>

### Trauma Foundations

- 5-week x 90 minute online psychoeducational course on trauma, delivered by Victoria psychiatrist Dr Pauline Lysak.
- MSP funded.
- <https://www.bcpsychiatrist.com/trauma?ct=1785445437932>

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## VIRTUAL & ONLINE RESOURCES

### MoodGym

- Interactive online CBT-based self-help program with multiple modules.
- <https://www.moodgym.com.au/>

### Help With ACT

- Self-directed online Acceptance and Commitment Therapy toolkit with 6 modules
- <https://www.helpwithact.com/toolkit/>

### MySleepWell

- Health Canada funded website, insomnia tools and CBT-I resource list.
- <https://mysleepwell.ca/cbti/>