

Staying Well in Graduate School: Navigating Your Health at UBC (and Beyond)

January 4th, 2023 | 10 – 11:30 am

Please note this is not a comprehensive list. It only highlights links shared during the session. There are many more resources available to you.

Wellness Centre Resources (located on the ground floor of the Life Building; wellness.centre@ubc.ca)

- Wellness Centre Sexual Health Shop (for safer sex products):
<https://students.ubc.ca/health/wellness-centre/wellness-centre-sexual-health-shop>
- Self-directed learning courses: <https://students.ubc.ca/health/wellness-centre/wellbeing-training-education>
 - Navigating Your Health and Wellbeing at UBC and Beyond
 - Mental Health Literacy
 - How to Help a Peer
 - Inclusive Event Planning
 - Sexual Health
 - First Aid for the Toxic Drug Supply

Information on Insurance

- iMED: Temporary health insurance for international students:
<https://students.ubc.ca/health/health-insurance/health-insurance-international/imed-temporary-health-insurance-international>
- Extended health plan including what is covered:
https://studentcare.ca//rte/en/UniversityofBritishColumbiaAMSGSS_Home

Finding a family doctor or walk-in clinic

- Family doctor: <https://pathwaysmedicalcare.ca/> and <https://bccfp.bc.ca/for-the-public/find-a-family-doctor/>
- Finding a local walk-in clinic in Vancouver: <https://medimap.ca/clinics/walk-in-clinics/bc/vancouver>

Cost of Living, Tips on Budgeting, Food Security, Enrolment Service Advisors

- Previous Recordings of Pre-Arrival Webinars, such as *Living in Vancouver*:
<https://orientation.grad.ubc.ca/resources/> (under Pre-arrival webinar resources and recording)
- Food & Financial Resources (UBC): <https://foodhub.ubc.ca/resources/?campus=5&support-resource-type=7>
- Cost of Living Calculator (from WorkBC): <https://www.costofliving.workbc.ca/>
- Enrolment Services Advisors: <https://students.ubc.ca/about-student-services/enrolment-services-advisors>
 - Get help with managing your finances or creating a financial plan.
 - Talk to someone about scholarships, bursaries, awards, and student loans.
 - Walk through your payment options for tuition and fees.
 - Understand UBC regulations and processes.
 - Find support for course registration issues.

- GSS (graduate student society) emergency funding: <https://gss.ubc.ca/student-funds/>

Links to websites for Jobs on Campus

- Overview on UBC campus jobs (including work learn and other jobs): <https://students.ubc.ca/career/ubc-experiences/campus-jobs>
- UBC Careers online (also includes non-UBC work opportunities): <https://ubc-csm.symplicity.com/index.php/>
- Graduate Student Community: <https://community.grad.ubc.ca/> (forums on making friends, settling in/ new to Canada/ Vancouver, international students, student work experience and much more)

Links on how to connect with peer groups

- List on Student Clubs: <https://community.grad.ubc.ca/resources>
- Group Counselling Groups, such as "Getting through Grad School with Grace and Grit" <https://students.ubc.ca/health/counselling-services/group-counselling-programs>

Contact information: If you need help or have questions, please email us at graduate.pathways@ubc.ca