

Resources and Tools for Self-Care

Please be aware of these materials and consider creating a plan for taking care in advance of your research visit.

For everyone:

At RBSC:

- Bring a friend or support person to the archives
- Speak with an archivist/librarian about your experience
- Consider keeping a research journal, including journaling about the emotional affect of materials

BC Bereavement Hotline offers free and confidential telephone support for individuals experiencing loss and grief. Visit their [website](#) or call 1-877-779-2223.

Crisis Centre BC. If you or someone you know is feeling hopeless or thinking about suicide, call or chat online with a crisis responder any time: crisiscentre.bc.ca

- Anywhere in BC 1-800-SUICIDE: 1-800-784-2433
- Mental Health Support Line: 310-6789
- Vancouver Coastal Regional Distress Line: 604-872-3311
- Additional distress services online and by phone:
<https://crisiscentre.bc.ca/distress-services/>

Family Services of Greater Vancouver offers general counselling. Please phone 604-874-2938 to speak to an intake worker to connect you with the best services for you.

For Indian Residential School Survivors:

Indian Residential School Survivors Society (IRSSS) services include grief and loss counselling, crisis counselling, trauma counselling, Family and Group counselling and other supports including Traditional Healing Methods & Medicines, for more information please visit their [website](#). Or, phone the IRSSS Crisis Line at 1-866-925-4419 (Open 24 hours a day 7 days a week)

Indian Residential Schools Mental Health Support Program (Government of Canada) provides mental and emotional health support services to eligible former Indian Residential School students and their families throughout all phases of the Indian Residential School Settlement Agreement, for more information phone Toll-Free 1-877-477-0775.

For UBC Students:

UBC Counselling Services

Students seek support through UBC Counselling Services for a variety of reasons. UBC Counselling staff will get to know you and work with you to find out what support options might work best for you, in your unique situation.

[Learn more](#)

UBC Student Assistance Program

Offered by Aspiria, the UBC Student Assistance Program (SAP) is a free, 24/7 wellness resource for students. Services include personal counselling, life coaching, group programs and more based on your needs.

[Learn more](#)

[Here2Talk](#)

Accessible anywhere in the world, this service provides free, 24/7 single-session counselling by phone or online chat for all UBC students.

View full list of Equity and Inclusion Office Student Resources for Connection and Support here: <https://equity.ubc.ca/resources/connection-support/connection-support-students/>

For UBC Faculty and Staff

Employee and Family Assistance Program (EFAP)

The Employee and Family Assistance Program (EFAP) is a confidential and voluntary counselling support service that provides you and your family with the help you need to resolve a wide range of personal, work, health or life issues.

[Learn more](#)

View full list of Equity and Inclusion Office Faculty Resources for Connection and Support here: <https://equity.ubc.ca/resources/connection-support/connection-support-students/>