

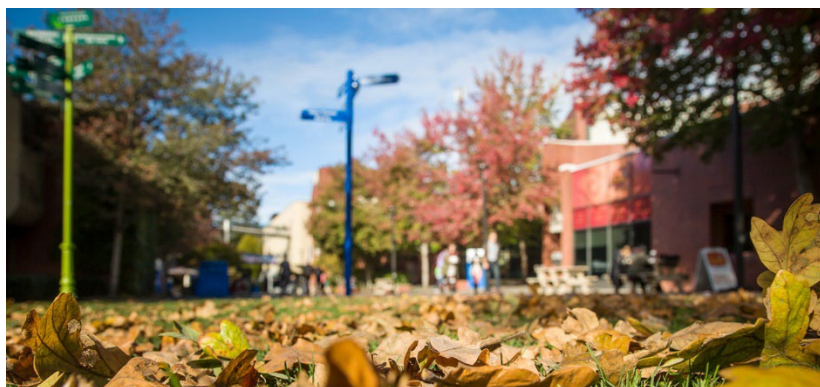
# Camosun International Student Newsletter

Special Edition: Counselling & Health Resources

## Greetings from Camosun International!

Welcome to this Special Edition Newsletter about Counselling and Health Resources.

We hope you will find something in this newsletter that is supportive to you and we wish you all the best in your studies.



*Camosun College campuses are located on the traditional territories of the Lkwungen and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.*

### In this Newsletter

- ◆ Counselling Support Options for International Students
- ◆ Counselling Centre Locations
- ◆ Counselling Details
- ◆ Mental Health Tips & Resources
- ◆ Health Resources for International Students

If you require urgent support after hours, please contact:

**Vancouver Island Crisis Line**  
**1-888-494-3888**

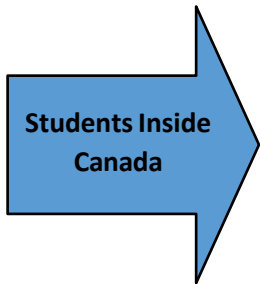
or

**Here2Talk**  
**1-877-857-3397**

Both services are confidential, free and available 24/7.



# COUNSELLING SUPPORT FOR INTERNATIONAL STUDENTS



Students located in Canada are welcome to meet with a Camosun Counsellor for an in-person appointment at Lansdowne or Interurban or a virtual appointment via phone or video.

Visit or phone the Camosun Counselling Centre at either campus to book an appointment with a Camosun Counsellor.

**CAMOSUN COLLEGE  
COUNSELLING CENTRES**

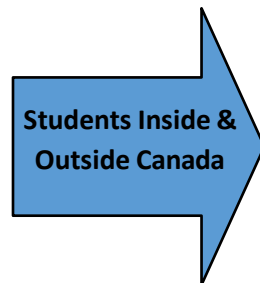
**Lansdowne: Dawson 202**  
250-370-3571

**Interurban: Campus Centre 314**  
250-370-4925

Visit the [Camosun Counselling Centre website](#) for:

- ✓ More information about counselling services
- ✓ Counsellor biographies
- ✓ Hours of operation
- ✓ Resource list: on-campus and community support

Please note: *Due to privacy, legal and ethical limitations Camosun College cannot provide counselling services to students located outside of Canada.*



[Here2Talk](#) is a free mental health support resource that is available to Camosun students located anywhere in the world. Phone, text or download the app. Learn more about Here2Talk: [.....>](#)

**Please note:** This information is correct as of Summer 2023. If you are viewing this newsletter at a later date, please refer to the [Camosun Counselling Centre website](#) for the most up to date information.

[Here2Talk](#) connects students with mental health support when they need it. All students currently registered in a B.C. post-secondary institution have access to free and confidential counselling and community referral services, conveniently available 24/7 via app, phone and web.



**Here2Talk**

1-877-857-3397 (inside Canada)  
1-604-642-5212 (outside Canada)

<https://here2talk.ca/>



## COUNSELLING CENTRES AT CAMOSUN COLLEGE



### LANSDOWNE CAMPUS

Isabel Dawson Building  
Room 202

On the second floor, across the hall from the Camosun International Office.

Elevator access.

All-gender washroom on first floor.

### INTERURBAN CAMPUS

Liz Ashton Campus Centre  
Room 314

On the third floor, down the hall across from the library.

Elevator access.

All-gender washroom on the third floor, past the counselling centre, to the left.

**Please note:** This information is correct as of Summer 2023. If you are viewing this newsletter at a later date, please refer to the [Camosun Counselling Centre website](#) for the most up to date information.



Private and  
confidential

For issues  
big and  
small

Free for  
students

# Counselling is ...

One of the  
many  
support  
services

## All topics are welcome in counselling

For example, students may discuss:

### Academic Topics

- Exam stress
- Time management
- Motivation
- Procrastination
- Learning Strategies
- Working with instructors and other students
- Decisions about withdrawal from courses



### Career Topics

- Career exploration
- Interests, skills, values, strengths, areas for growth, workplace preferences
- Program and career options
- Decision making
- Goal setting, action planning



### Personal and Cultural Topics

- Stress and anxiety
- Depression
- Relationships
- Homesickness
- Health Issues
- Addiction
- Grief & Loss
- Sexuality
- Self-confidence
- Personal growth
- Cultural Transition

And many  
more...

## MENTAL HEALTH TIPS AND RESOURCES

Visit the Camosun Counselling Centre website for a [list of helpful resources](#):

- ✓ Emergency and After-Hours Support
- ✓ On-Campus Supports
- ✓ Greater Victoria Community Resources
- ✓ Online Resources and Apps

[10 Tips for  
Managing  
Stress &  
Anxiety  
During  
COVID-19](#)

[Try  
the  
MindShift  
App](#)

[3 Minutes  
of  
Mindful  
Breathing](#)

### 5 Simple Daily Habits for Mental Well-Being

1. **Connect:** with the people around you.
2. **Be active:** go for a walk or run, step outside, cycle, garden, etc.
3. **Take notice:** be curious, catch sight of the beautiful, remark on the unusual.
4. **Keep learning:** try something new, rediscover an old interest, take on a different responsibility
5. **Give:** do something nice for a friend, or stranger, thank someone, volunteer your time.

*Source: United Kingdom's Project on Mental Capital and Wellbeing Report (2008)*



**Greater Good in Action**  
Science-based Practices for a Meaningful Life

<https://ggia.berkeley.edu/>

# Health Resources & Information for Camosun College Students

**Urgent/Emergency Medical Concerns → Phone 911 or go to the closest hospital.**  
On campus, phone 250-370-3075 (Camosun Campus Emergency number).

<b>Medical Concerns</b> (non-urgent)	<p>IN-PERSON APPOINTMENTS</p> <ul style="list-style-type: none"><li>• Visit a walk-in clinic: check <a href="http://medimap.ca">medimap.ca</a> for locations, hours and wait times</li><li>• <a href="#">Foundry Victoria Youth Clinic</a> (under 25 years)</li></ul> <p>VIRTUAL APPOINTMENTS (phone or video)</p> <ul style="list-style-type: none"><li>• If you have BC Medical Services Plan coverage (<a href="#">MSP</a>):<ul style="list-style-type: none"><li>• <a href="#">VivaCare</a></li><li>• <a href="#">Telus Health MyCare</a></li></ul></li><li>• If you are a new student waiting for MSP and have <a href="#">GuardMe</a> medical coverage:<ul style="list-style-type: none"><li>• <a href="#">GuardMe Mobile Doctor</a></li></ul></li></ul>
<b>General Medical Information and Advice</b>	<ul style="list-style-type: none"><li>• <a href="#">Phone 811</a>: BC's 24-hour Health Information and Advice Phone Line. Speak to a health service navigator, who can help you find health information and services, or you will be connected directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.</li></ul>
<b>Mental Health Supports</b>	<ul style="list-style-type: none"><li>• <a href="#">Camosun Counselling Services</a>: Phone 250-370-3571 (Lansdowne) or 250-370-4925 (Interurban) to schedule a counselling appointment. Check website for hours, location and additional mental health resources.</li><li>• <b>If you are experiencing a mental health crisis</b> or if support would be helpful on the weekend or in the evening: contact <a href="#">Here2Talk</a> at 1-877-857-3397 or the <a href="#">Vancouver Island Crisis Line</a> at 1-888-494-3888. Both are available 24/7.</li></ul>
<b>Additional Camosun Resources</b>	<ul style="list-style-type: none"><li>• Download the <a href="#">Camosun Emergency Management App</a>: your personal safety toolkit and emergency notice centre. Access Camosun emergency contacts, campus maps, lost and found, and personal safety tools like a flashlight or a loud alarm.</li><li>• Camosun College Student Society offers <a href="#">extended health and dental coverage</a> for students. Contact CCSS for more details on the benefits and to confirm coverage.</li><li>• The <a href="#">Office of Student Support</a> offers confidential and trauma-informed support to any student impacted by sexual or gender-based violence.</li><li>• The <a href="#">Island Sexual Health Clinic</a> has a location at Lansdowne campus in the Richmond Building and provides sexual health services to students without charge.</li></ul>



## ✓ **Medical Insurance Coverage for International Students**

- ✓ Medical insurance is a requirement for all international students in Canada. Healthcare costs in Canada can be quite high and it is crucial that you are covered under a comprehensive medical insurance plan during your time here.
- ✓ **Medical Services Plan (MSP):** All British Columbia residents, including international students, are legally required to enroll in the Government of British Columbia's medical insurance program, [Medical Services Plan \(MSP\)](#), which covers basic medical services. The monthly fee of \$75.00 is billed directly to international students by the B.C. government.
- ✓ **MSP Three-Month Waiting Period:** For anyone moving to British Columbia, including international students, there is a three-month waiting period before MSP coverage begins.
- ✓ **guard.me Coverage During the MSP Waiting Period:** Students must be enrolled in guard.me coverage during the MSP waiting period (first three months in B.C.). Please remember, private medical coverage is mandatory during the MSP waiting period. All new students without MSP coverage will be signed up for guard.me insurance.
  - Email [international\\_advisors@camosun.ca](mailto:international_advisors@camosun.ca) to sign up for guard.me coverage.
- ✓ **For New International Students at Camosun College**
  - *Please apply for MSP as soon as you arrive in British Columbia. Visit this website to complete your application online: <https://my.gov.bc.ca/msp/application/prepare>*
- ✓ **For Returning International Students Camosun College Students:** Please ensure that your MSP is up to date to prevent any interruption in medical insurance coverage. You need to extend your MSP coverage anytime you extend your study permit.
- ✓ Please check the Camosun International website for more information: [Medical Insurance and Healthcare for International Students | Camosun College](#)