

WELLNESS RESOURCES

Mental Health Assistance



EMPOWER ME: COUNSELLING AND/OR COACHING SERVICE AVAILABLE TO ALL UBC STUDENTS ONLINE/BY PHONE/IN PERSON
1-844-741-6389



MENTAL HEALTH INFORMATION, SELF-HELP RESOURCES AND ONLINE PROGRAMS BY VANCOUVER COASTAL HEALTH, PROVIDENCE HEALTH CARE, DOCTORS OF BC AND THE MINISTRY OF HEALTH.
WWW.MINDHEALTHBC.CA



TAO OR THERAY ASSISTANCE ONLINE IS A PLATFORM OF FUN AND EDUCATIONAL VIDEOS, INTERACTIVE EXERCISES, A MINDFULNESS LIBRARY, PRACTICE TOOLS, AND PROGRESS MEASURES. ALL FREE ONCE YOU LOGIN USING YOUR UBC EMAIL THROUGH THE MOBILE APP OR AT
WWW.TAOCONNECT.ORG



WYSA: TALK TO AN EMPHATIC AI CHATBOT THAT WILL WALK YOU THROUGH RESEARCH-BACKED, WIDELY USED TECHNIQUES OF CBT, DBT, YOGA AND MEDITATION

Stay Focused & Destress



FOREST : REDUCE YOUR ONLINE TIME BY PLANTING TREES TO STAY FOCUSED AND DECREASE STRESS



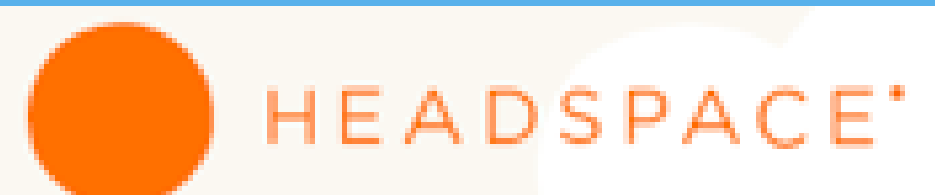
BOOSTER BUDDY GUIDES YOU THROUGH A PERSONAL WELLNESS JOURNEY WITH DAILY ACHIEVEMENTS AS QUESTS DESIGNED TO ESTABLISH AND SUSTAIN POSITIVE HABITS.

Exercise



DOWN DOG RECENTLY MADE ALL APPS & HOME WORKOUTS (DOWN DOG, YOGA FOR BEGINNERS, HIIT, BARRE, AND 7 MINUTE WORKOUT) FREE UNTIL APRIL 1ST

Mindfulness & Meditation



MindShift™ App