

Counselling Services

for UBC students on the Oak Street Campus

UBC Counselling Services is now providing free, confidential counselling on the Oak Street Campus for UBC students. This includes undergraduate and graduate students, as well as medical students.

To make an appointment onsite phone: (604) 822-3811 and indicate you need an appointment on the Oak Street Campus.

Speaking with a counsellor can be helpful if you think you might be experiencing a mental health problem such as depression or anxiety.

Counselling can also help you to identify ways to understand, manage or overcome challenges you face so you can live well, feel good, and achieve your goals.

Postdoctoral Fellow? Contact the UBC Employee and Family Assistance Program regarding counselling: (604) 689-1717.

Resident? Contact the UBC Resident Wellness Counsellor: (604) 875-4111 x21088 / resident.wellness@ubc.ca.

Emergency & After-Hours Contacts:

Vancouver Crisis Line: 1-800-784-2344

Vancouver General Hospital: (604) 822-2222

Emergency Services: 9-1-1

Oak Street Campus Security: (604) 875-2999