

# OFF-CAMPUS RESOURCE LIST

## Kuu-us Crisis Line

We are a non-profit registered charity that provides 24 hour crisis services through education, prevention and intervention programs.



Crisis line: 1-800-588-8717, 24/7



<https://www.kuu-uscrisisline.com/>

## The Vancouver Island Crisis Society

The Vancouver Island Crisis Society is a 24-hour, telephone crisis and suicide prevention service. We provide emotional support during times of crisis and information about community resources.



Crisis Line: 1-888-494-3888, 24/7



Crisis Text Message Service:

250-800-3806 6pm-10pm/7



Crisis Online Chat: [www.vicrisis.ca](http://www.vicrisis.ca)

6pm-10pm/7

## Trans Lifeline

Trans Lifeline provides culturally competent services to Trans and gender-nonconforming people in crisis. Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers.



1-877-330-6366, 7am-1am/7



[www.translifeline.org](http://www.translifeline.org)

\*CW: potentially triggering gendered language in the resource listed below\*

## Vancouver Island Women's Clinic

We offer a range of specialized services for people who were assigned female at birth. We are an inclusive clinic and our services are available to patients of all sexual orientations and gender identities.



<https://www.viwc.ca/>



Phone: 250-480-7338

## Island Sexual Health

We offer sexual health clinics and sex education programs for all genders, orientations, identities, and ages in Greater Victoria.



Phone: 250-592-3479



<https://www.islandsexualhealth.org/>

## NEED2/YouthSpace

NEED2 works every day to actively prevent suicide through our anonymous chatting/texting service for youth in crisis and through suicide prevention presentations in schools. While the services are accessible to anyone, they are directed at youth 30 and under who are residing in South Vancouver Island or the Gulf Islands.



Text Crisis Support: 778-783-0177,

6pm-12am



[admin@need2.ca](mailto:admin@need2.ca)

Online Chat Support:



[www.youthspace.ca](http://www.youthspace.ca), 6pm-12am

[www.need2.ca](http://www.need2.ca)

## Peers Victoria Resources Society

Through direct service delivery and community partnerships, Peers provides an array of outreach and drop in harm reduction and support services alongside education and employment training for current and former sex workers, in Victoria and on Vancouver Island.



Phone: 250-388-5325



<https://www.safersexwork.ca/>



#1-744 Fairview Rd.

## Victoria Sexual Assault Centre (VSAC)

The Victoria Sexual Assault Centre is committed to ending sexualized violence through healing, education, and prevention. We are dedicated to supporting women and all trans survivors of sexual assault and childhood sexual abuse, through advocacy, counselling, and empowerment



Service Access Line: 250-383-3232



[access@vsac.ca](mailto:access@vsac.ca)




#201-3060 Cedar Hill Rd

We also have a Sexual Assault Response team that operates 24/7 for people of all genders, 13 years and older, who have been sexually assaulted within the past 7 days. Service Access Line: Call the Vancouver Island Crisis Line at 1-888-494-3888 and request to speak to a VSAC Sexual Assault Support Worker

# ON-CAMPUS RESOURCE LIST

## Anti-Violence Project

The Anti-Violence Project is UVic's on-campus sexualized and gender-based violence resource centre. We provide support services to people of all genders, educational workshops, resources and referrals, and advocacy for people who have experienced violence, people supporting those who have experienced violence, and those who have caused harm.

 Phone: 250-472-4388

 [www.antiviolenceproject.org](http://www.antiviolenceproject.org)

 [support@antiviolenceproject.org](mailto:support@antiviolenceproject.org)

 Student Union Building, Room B027  
(basement)

## Peer Support Centre

Whether you are struggling with or have questions regarding mental health, are concerned for a friend, or need help accessing resources on or off campus, you can find at the centre a trained student volunteer who can provide non-judgmental, empathetic and confidential support and information on additional services.


 Student Union Building, Room B035  
(Basement)

Drop-in Support: Monday-Thursday, 11:00 am- 4:00 pm


 <https://uvss.ca/peer-support-centre/>

## UVic Counselling and Health Services

Counselling Services offers free confidential counselling to currently enrolled degree program University of Victoria students. Health Services offers confidential and comprehensive medical care to students to support their health and wellness and academic success, as well as provides urgent care to the campus community.

 Phone: 250-721-8563


 [www.uvic.ca/services/counselling](http://www.uvic.ca/services/counselling)

 [www.uvic.ca/services/health](http://www.uvic.ca/services/health)

## Students of Colour Collective (SOCC)

The UVSS Students of Colour Collective is an advocacy group of self-identified Indigenous folks and people of colour.


 Student Union Building B120 & B122

 Phone: 250-472-7285

 [socc@uvss.ca](mailto:socc@uvss.ca)

## Native Students Union (NSU)

The UVic Native Students Union is a student-run collective dedicated to supporting the Indigenous student community.

 Student Union Building B023  
(basement)


First Peoples House (office/study space)


 [www.uvicnsu.ca](http://www.uvicnsu.ca)

 [contact@uvicnsu.ca](mailto:contact@uvicnsu.ca)

## UVic Pride Collective

The Pride Collective is an advocacy group of the University of Victoria Students' Society mandated to represent, advocate for, and provide services for queer and trans students on Campus.

 Phone: 250-472-4393


 Student Union Building B010  
(basement)

 [www.uvicpride.ca](http://www.uvicpride.ca)

 [pride@uvic.ca](mailto:pride@uvic.ca)

## Society for Students with a Disability (SSD)

The Society for Students with a Disability (SSD) is an advocacy group of the University of Victoria Students' Society that promotes the full participation and inclusion of students identified with disabilities.

 Phone: 250-472-5397


 Student Union Building B111

 [www.uvicssd.com](http://www.uvicssd.com)

 [uvicssd@uvic.ca](mailto:uvicssd@uvic.ca)

## Gender Empowerment Centre (GEM)

The Gender Empowerment (GEM) Centre is a collectively run drop-in centre open to all self-identified women, non-binary, and gender non-conforming students and community members to gather.

 Phone: 250-721-8353

 Student Union Building B107

 [genderempowermentcentre.ca](http://genderempowermentcentre.ca)

 [gemcentre@uvss.ca](mailto:gemcentre@uvss.ca)