



THE UNIVERSITY OF BRITISH COLUMBIA

Teacher Education Office

Faculty of Education

Thursday, March 19, 2020

Dear teacher candidates,

Thank you for your continued patience as we work hard to provide you with accurate and up-to-date information about your BEd program and practicum. We continue to be in daily communication with the Ministry of Education and the Teacher Certification Branch about the completion of your program as well as communicating with deans from other institutions across the province who are facing similar situations. For our secondary teacher candidates who are already on spring break, and for those elementary teacher candidates who begin their spring break tomorrow, please remember to rest and recharge. Your health and safety are paramount. We will communicate plans as promptly as possible.

Mental Health Resources from UBC Student Health

Amidst the current outbreak of COVID-19, many students may be developing feelings of fear, stress, worry and isolation - these feelings are natural when facing threats that are beyond our control. Everyone reacts differently to these feelings and they can be overwhelming for some. It is important to understand that if you need help in coping with these feelings, there are resources available. Below are articles and resources that will guide you in managing your mental health.

Taking care of your mental health during the pandemic:

- [Psychology Today](#) - How to stay emotionally healthy during the coronavirus outbreak
- [World Health Organization](#) - Mental health considerations developed by the Mental Health Department as support for mental and psychological well-being during COVID-19 outbreak
- [Canadian Mental Health Association](#) - Coronavirus: managing stress & anxiety
- [Anxiety Canada](#) - What to do if you're anxious or worried about coronavirus (COVID-19)
- [Foundry BC](#) - Tips for when the news stresses you out

Other resources available online or on the phone to support your mental health:

UBC Counselling Services Counselling Services will be offering appointments by phone during the COVID-19 outbreak. Students can call Counselling Services, 604 822 3811, to schedule an appointment by phone.



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- [EmpowerMe](#) - Empower Me provides counselling and life coaching, free for all students. They can help with anything you're concerned about and will give you the option of getting help online or by phone.
- [MindhealthBC](#) - Take a quick online assessment on your mental health and get resources for a variety of related concerns.
- [Here to Help](#) - Helps you find quality information, learn new skills, and connect with key resources in BC
- [HealthlinkBC](#) - If you still have questions call **811** to speak with a registered nurse, or access online resources for health-related questions.
- [CrisiscentreBC](#) - If you or someone you know is feeling hopeless or at risk of harm, call or chat online with a crisis responder any time.
- [TAO](#) - Manage your well-being with tools on stress, relationship problems, substance use, and more. Register with a UBC email, which you can [set up for free](#).
- *More information on how to take care of your health and wellbeing can be found at <https://students.ubc.ca/health>*

We appreciate that this is a very stressful time and we want to reassure you that UBC is here to support you. All necessary steps are being taken, in conjunction with and in consultation with our health agency partners, in order to protect the health and safety of all of our students and the entire community. Your health and wellbeing is our priority.

If you have any further questions regarding any of the information you have received, please do not hesitate to reach out to:

Dr Marna Nelson
Director UBC Student Health Service
marna.nelson@ubc.ca

AMS Food Bank

During this difficult time, some students may be struggling with dwindling food or hygiene supplies. The AMS Food Bank is still currently operating for students in need. It is located in the basement of the LIFE building and is open at limited hours. Please [visit this link](#) for the latest hours and updates.