



Important Websites

Mental Health and Wellbeing

Hear2Talk Mental Health Support for Post-Secondary Students

<https://here2talk.ca/home>

Kids Help Phone

<https://kidshelpphone.ca/>

Mental Health and Substance Use Information

<https://www.heretohelp.bc.ca/>

HealthLinkBC Health Information and Services

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

Head Space Mental Wellness

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

Suicide Crisis Helpline

[9-8-8: Suicide Crisis Helpline - Canada.ca](https://www.9-8-8.ca/)

Overdose Outreach Team

[Overdose Outreach Team at 312 Main Street | Vancouver Coastal Health](#)

Overdose Prevention Society

[VanCity OPS](#)

BC Drug and Poison Information Centre

<http://www.dpic.org/>

Crisis Centre BC

<https://www.crisiscentre.bc.ca/>

Resilience BC: Anti-Racism Network

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

Trauma-Informed Practice (TIP) – Resources

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/trauma-informed-practice-resources>

E-Comm 9-1-1

<https://www.ecomm911.ca/>

International Student Safety Guide

<https://www.mosaicbc.org/wp-content/uploads/2020/03/International-Student-Safety-Guide.pdf>

General Support Services

Adapting to Cultural Differences in Canada

<https://arrivein.com/studying/adapting-to-cultural-differences-in-canada-as-an-international-student/>

Daily Life in BC

<https://www.welcomebc.ca/start-your-life-in-b-c/daily-life>

Health Fee for International Students

<https://www2.gov.bc.ca/gov/content/health/accessing-health-care/health-fee-international-students>

Purdue University Online Writing Lab

<https://owl.purdue.edu/owl/>

International Student Resources

Immigration, Refugees and Citizenship Canada

<https://www.canada.ca/en/immigration-refugees-citizenship.html>

Study in BC

<https://studyinbc.com/>

BC Council for International Education

<https://bccie.bc.ca/about/about-bccie/>

Global Affairs – International Education

<https://www.international.gc.ca/education/index.aspx?lang=eng>

Study Permit

<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/study-permit.html>

Provincial Attestation Letters

<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/study-permit/get-documents.html#attestation>

Co-op Work Permit

<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/intern.html>

Post-Graduation Work Permit

<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/after-graduation/about.html>

BC Provincial Nominee Program

<https://www.welcomebc.ca/immigrate-to-b-c/about-the-bc-provincial-nominee-program>

Transfer and Tuition

Private Career College Tuition Refund Claims

<https://www.privatetraininginstitutions.gov.bc.ca/students/complaints-tuition-protection-claims>

Designated Learning Institution (DLI) Student Transfer

<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/change-schools.html>

Canadian Culture and Indigenous Peoples

Adapting to Cultural Differences in Canada

<https://arrivein.com/studying/adapting-to-cultural-differences-in-canada-as-an-international-student/>

Indigenous Peoples

<https://www.welcomebc.ca/choose-b-c/explore-british-columbia/indigenous-peoples-in-b-c>

Inclusion and Disability Services

Inclusion BC

<https://inclusionbc.org/>

Assistive Technology British Columbia

<https://www.at-bc.ca/programs/>

Disability Alliance BC

<https://disabilityalliancebc.org/>

Post-secondary Disability Services: WorkBC

<https://www.workbc.ca/plan-career/resources/people-disabilities>

Steps Forward

<https://www.bc-ipse.org/>

Housing

BC Tenant Rights

[Tenant rights - Province of British Columbia](#)

BC Tenancy Laws and Rules

[Tenant rights - Province of British Columbia](#)

Tenant Resource & Advisory Centre

<https://tenants.bc.ca/your-tenancy/human-rights/>

Housing and Tenancy

<https://www2.gov.bc.ca/gov/content/housing-tenancy>

Residential Tenancies

<https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies>

BC Renter's Hotline

<https://bc.rentershotline.ca/>

Rent BC

<https://rentals.ca/vancouver>

Apartment Guide

<https://www.apartmentrentals.net/>

Off Campus Student Housing

<https://gecliving.com/>

24/7 Apartments

<https://www.247apartments.com/rentals/British-Columbia/Vancouver.asp>

Rental Scams

<https://bc-cb.rcmp-grc.gc.ca/ViewPage.action?siteNodeId=2081&languageId=1&contentId=18593>

Cost of Living

WorkBC Cost of Living Calculator

<https://www.costofliving.workbc.ca/>

Vancouver Local - Cost of Living in Vancouver

[Cost of Living in Vancouver, Canada: A Comprehensive Guide - Vancouver Local](#)

Expat Arrivals - Cost of Living in Vancouver

[Cost of Living in Vancouver | Expat Arrivals](#)

Transportation

BC Transit

www.bctransit.com

Translink

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

Bus Schedules

<https://www.translink.ca/Schedules-and-Maps/Bus/Bus-Schedules.aspx>

SkyTrain Schedule

<https://www.translink.ca/Schedules-and-Maps/SkyTrain/SkyTrain-Schedules.aspx>

SeaBus Schedule

<https://www.translink.ca/Schedules-and-Maps/SeaBus-Schedules.aspx>

West Coast Express Schedule

<https://www.translink.ca/Schedules-and-Maps/West-Coast-Express/WCE-Schedules.aspx>

DriveBC Plan Your Route

www.drivebc.ca

Employment

Working in Canada as an International Student

<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work.html>

Work as a Co-op Student

<https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/intern.html>

Work While You Are Studying in BC

<https://www.welcomebc.ca/study-in-b-c/while-you-are-studying-in-b-c>

Finding Work in BC

<https://www.welcomebc.ca/work-in-b-c/finding-work-in-b-c>

WorkBC Career Services for Post-Secondary Students and Alumni

<https://www.workbc.ca/blog/career-services-post-secondary-students-and-alumni>

WorkBC Workplace Rights

<https://www.workbc.ca/access-employer-resources/manage-employees/workplace-rights>

Employment Standards and Workplace Safety

<https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice>

High Opportunity Occupations

<https://www.workbc.ca/research-labour-market/high-opportunity-occupations>

Complaints and Dispute Resolution

BC Ombudsperson

<https://bcombudsperson.ca/>