WELL-BEING SUPPORT SERVICES FOR INTERNATIONAL GRADUATE STUDENTS
Health and Counselling Services recognizes the importance of supporting student well-being during this time. Here are some key resources to maintain and enhance your well-being at SFU.

Our services are still available; due to COVID-19, most appointments have been moved to virtual formats. Please call ahead to book an appointment with a service provider.

**CLINIC CONTACT INFORMATION**

**BURNABY**

778-782-4615  
(Closed between 12:30 to 1:30pm)

**VANCOUVER**

778-782-5200  
(Closed between 12:30 to 1:30pm)
Supports students from international pathways. Please contact Ricky at ricky_tu@sfu.ca or 778-782-4615 for more details.

**OUR TRANSITION CASE MANAGER**

Mental Health Support

Support options and information on how students can make space for their well-being.

**GROUP EVENTS AND WORKSHOPS**

Connect with other students at virtual workshops or drop-in programs (i.e. emotional support groups, mindfulness meditation, etc.)

**COVID-19 Emotional Support Group for Graduate Students:**
Tuesdays from 1:30 to 2:30pm
BOUNCING FORWARD ONLINE COURSE

A co-curricular record-approved course that teaches strategies to build resilience, enhance well-being, and access resources

MY STUDENT SUPPORT PROGRAM

My SSP provides free, 24/7 counselling and mental health support through phone or app and is available internationally. Immediate support is available in 30+ languages and scheduled support in 60+ languages
THRIVING IN GRADUATE SCHOOL

A program for TAs and TMs that offers workshops and just-in-time tips to build resilience and support the creation of positive learning environments for students

GPS COMMUNITY HUB

Designed by the Graduate and Postdoctoral Studies team. Activities are inspired by the Summer of Self-Care. Each day brings a new activity, from virtual socials and meditation sessions, to new workouts and recipes to follow at home. You are welcome to follow the schedule or participate when you can

IMMIGRATION & MEDICAL INSURANCE INQUIRIES

Contact International Student Advisors via LiveChat, phone, or email