



## 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>

### **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>

## 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.aptrentals.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?siteNodeld=2081&langueId=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](http://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](http://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>