

You already have more support than you might realize - from people, places, and even small daily habits that help you feel grounded. Reaching out or noticing what helps you can make a big difference.

PEOPLE WHO CARE

- Friends who listen, make you laugh, or remind you you're doing great
- Family, Elders, or chosen family who offer wisdom and comfort
- Instructors, advisors, or counsellors who want to help you succeed
- Tutors or mentors who've been in your shoes

PLACES THAT SUPPORT YOU

- Student wellness or counselling offices - for emotional and physical health
- Indigenous student services or Elders-in-Residence - for connection and cultural grounding
- Community centres, friendship centres, or libraries - for belonging, workshops, or quiet space
- Health clinics and crisis lines - when you need extra support

EVERYDAY SUPPORTS

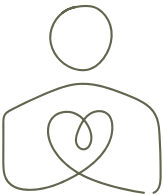
- Nature - a walk, the ocean, or time on the land
- Pets or animals that calm and comfort you
- Creative outlets - drawing, journaling, or music
- Simple routines - sleeping well, eating, hydrating, and taking breaks

Support comes in many forms - people, places, and practices that help you feel connected and cared for. Take a moment to notice what's already in your circle.



EMERGENCY SUPPORTS

1. **Vancouver Island Crisis Line:**
1.888.494.3888
2. **National Suicide Crisis Line:** 988
3. **KUU-US Indigenous Crisis Line:**
1.800.588.8717
4. **Here2Talk:**
1.877.857.3397
(24-hour phone and chat counselling support for BC post-secondary students)
5. **Kids Help Phone:**
1.800.668.6868 or text 686868
(National 24-hour phone and text support)
6. **Victoria Sexual Assault Response Team:**
1.888.494.3888
7. **Mind Health BC:**
mindhealth.ca



SELF CARE

TIPS & RESOURCES



MEET OUR WSÁNEĆ COLLEGE COUNSELLING TEAM



SHELAGH TIESU



MARCEY/MELI LOUIE

ÍY SŁÁCEL HÁLE, my name is Shelagh Tiesu, pronounced Shayla Tissue. I am a grateful visitor to this area with Swedish and Finnish backgrounds. I grew up in the Cowichan Valley and have lived in the WSÁNEĆ territory for the last 25 years. I am a counsellor available for all WSÁNEĆ College students. HÍSWKE

Availability: Monday-Friday

✉ stiesu@wsanecschoolboard.ca

📘 Shelagh Tiesu WC

📞 778-426-7141

My name is Marcey Louie and I am Nuu-chah-nulth from Ahousaht. I am a registered clinical counsellor with experience in supporting students in education. I have been providing counselling support at WSÁNEĆ College for the past five years. Please stop by to say hello or ask questions about counselling.

Availability: Friday

✉ marceylouie@gmail.com

📘 Marcey Lou

📞 778-426-7141



ADDITIONAL RESOURCES

- Elders in Residence program at WSÁNEĆ College - Monday to Friday 10:00-12:00
- Elders' Voices program at the University of Victoria
- Request an Elder at Camosun College

University of Victoria On-Campus Indigenous Counsellors:

- Roger John: indigcoun1@uvic.ca
- Marcey Louie: indigcoun2@uvic.ca
- Student Wellness Centre: 250.721.8563

Camosun College Counselling Services:

- Call to Book: 250.370.3571 or 250.370.4925
- Lansdowne Campus, Dawson Building, Room #202

Local Organizations:

- Victoria Native Friendship Centre
- Supports within your Nation (in community, band offices, health offices)
- Camosun College: Indigenous Education & Community Connections department
- University of Victoria: First Peoples House
- WSÁNEĆ College Student Support Staff



HOW DO YOU RELIEVE STRESS & PRACTICE SELF CARE?

