

# Student health and wellness

Please browse the following health and wellness information and resources.



Northern Lights  
College



Your physical and mental health is very important and will help you achieve your academic and career goals. Northern Lights College is committed to supporting the health and well-being of its students, and creating a healthy and safe, and learning environment.

The **Guard Me Mental Wellness Student Support Program** provides all Northern Lights College students access to a large, diverse network of professional counsellors. Here, a student's unique circumstances can be matched with a counsellor who understands these experiences, in the preferred language and culture of the student.

Attending college can be an amazing time of new experiences and a great opportunity to explore new ideas. Dealing with feelings of anxiety and stress are some of the top reasons, but students may also seek support for reasons such as:

- Procrastination and building time management skills
- Anxiety about a public speaking assignment
- Nutrition concerns
- Worries about upcoming exams or disappointment with academic performance
- Stress due to financial challenges
- Concern about post-graduation plans
- Loneliness or homesickness
- Difficulty adjusting to life in another country
- Suicidal ideation
- Tensions with family members, friends, or roommate(s)

**GuardMe™**  
STUDENT SUPPORT  
PROGRAM

All Northern Lights College students can access this diverse 24/7 support by downloading the "TELUS Student Support Health" app (available from the App store and Google Play) or visiting the website at: [studentsupport.telushealth.com/ca/home](https://studentsupport.telushealth.com/ca/home)



# Student health and wellness



## Mental health and addictions (Northern Health)

- Dawson Creek
- Chetwynd
- Fort Nelson
- Fort St. John
- Tumbler Ridge



## Helping men with depression

Discover how to cope with stress, and work, through anti-stress exercises. A free online screening tool/questionnaire designed to help identify experiences related to stress.

[mindcheck.ca/mood-stress/stress-check](http://mindcheck.ca/mood-stress/stress-check).

**HeadsUpGuys** is a resource for supporting men in their fight against depression by providing tips, tools, information about professional services.

## Crisis lines

- Northern BC 24 Hour Crisis and Information Line: 1-888-562-1214
- BC Suicide Hotline: 1-800-SUICIDE / 1-800-784-2433
- Crisis Chat Online: (open noon-1am daily)



## Stress

Stress can occur when a person faces a challenging situation and thinks they may not be able to overcome it. A person's reaction is grounded in how they look at the situation. This website deals with coping methods for stress and offers a wide range of resources for youth in BC.

[www.youthinbc.com](http://www.youthinbc.com)

## Sexual violence community resources

- Resource List
- Should you wish to disclose or report sexual violence or misconduct please refer to the Sexual Violence and Misconduct policy.



## Coping with stress

Discover how to cope with stress and work, through anti-stress exercises. A free online screening tool/questionnaire designed to help identify experiences related to stress.

[mindcheck.ca/mood-stress/stress-check](http://mindcheck.ca/mood-stress/stress-check)





## Student health and wellness



### Help with quitting smoking

Did you know that it takes more than willpower to quit smoking? It takes skills and support, as well as your own motivation to quit. The new **Quit4Life (Q4L)** handbook can help you to quit smoking... for life.

Quit smoking in your own way, in your own time. **QuitNow** helps you make the plan that's right for you, and provides the support you need to see it through.

There are many reasons why you may want to quit smoking. You may worry about your health, you may have concerns about how second-hand smoke is harming those around you, or you may feel that your tobacco use is costing more and more.

Whatever your reason, it is always a good time to quit. [healthlinkbc.ca/healthfeatures/smoking-cessation.html](http://healthlinkbc.ca/healthfeatures/smoking-cessation.html)



### Emotional wellness

Struggling with anxiety? Feel you're missing out? There are things you can do to stop anxiety and fear from controlling your life.

**MindShift** is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

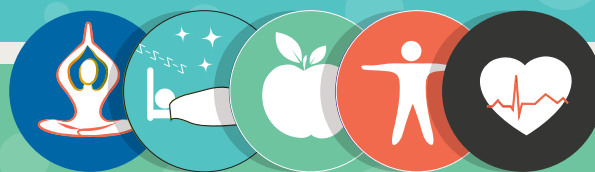
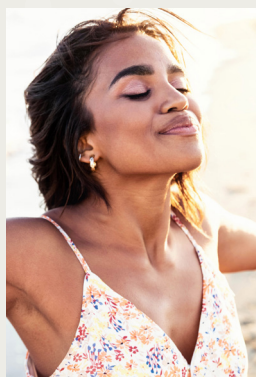


### Take charge of your mental health

If you're worried about yourself, you may not know what to do next.

Here, you'll take charge of your mental health and support your own journey to wellness.

**We listen!** [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)



### Mental health care

Learn how to take care of your mental health. Get the facts about mental illness. Find help for yourself or others.

[www.cmha.ca](http://www.cmha.ca)



## Student health and wellness

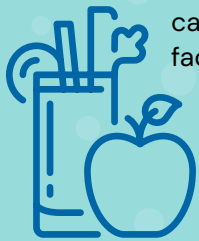


### Healthy eating

A free tool to help you achieve a healthy weight by counting calories and tracking physical activity levels.

[www.myfitnesspal.com](http://www.myfitnesspal.com)

A free tool that helps you to count and budget



calories, plan meals, factor in exercise, and lose weight at a safe, sustainable pace.

[loseit.com](http://loseit.com)

Eating Well with Canada's Food Guide  
[food-guide.canada.ca/en/](http://food-guide.canada.ca/en/)

Campus life is crazy and stressful and ridiculous, but that doesn't mean you can just eat whatever you want. Plus, this can actually be a great time to start eating healthier foods if you don't already.

**33 Healthy Eating Habits College Students Will Appreciate.**

### More apps/games

**Breathe2Relax** A portable stress management tool that allows you to record your stress levels, then guides you through diaphragmatic breathing exercises to help reduce stress.

**Flowy** iOS and Android app that digitally delivers controlled breathing exercises through game play to help manage feelings of intense panic, hyperventilation and anxiety.

**HealthyMinds** A mood tracker, breathing trainer, goal tracker, stress management platform, and journal rolled into one convenient package.

**Serenita** This iOS and Android app is a stress and focus management app designed to teach you how to relieve stress and increase focus in your daily life.

**Mental Workout** This developer offers apps for Android and iOS that helps users manage stress, practice mindful meditation, quit smoking and sleep better. Most apps have a free light version and a paid full version.

**PTSD Coach** An app from the Government of Canada to help PTSD sufferers learn about and manage symptoms that can occur after trauma.

Features include:

- Reliable information on PTSD and treatments that work
- Tools for screening and tracking your symptoms
- Convenient, easy-to-use tools to help you handle stress symptoms
- Direct links to support and help

**Relax Melodies** Available on iOS and Android phones, this app helps people dealing with sleep deprivation or difficulty falling asleep get a good night's rest. Select sounds and melodies that you like, and combine them to create a soothing mix to help carry you off to sleep.

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If you have an additional resource for this page, or a suggestion for a health and wellness event, or fun sporting activity, that you would like to see implemented at the College, we encourage you to email us: [learningsupport@nlc.bc.ca](mailto:learningsupport@nlc.bc.ca).