

### NIC CAMPUS RESOURCES

If you have a question, please contact us via [Questions@nic.bc.ca](mailto:Questions@nic.bc.ca) or by calling 1-800-715-0914

<b>Advising Services (including Financial Aid)</b>	Additional resources: <a href="http://www.nic.bc.ca/student-services/advising">www.nic.bc.ca/student-services/advising</a>
<b>Indigenous Navigators</b>	Additional info: <a href="https://www.nic.bc.ca/indigenous-students/indigenous-advisors/">https://www.nic.bc.ca/indigenous-students/indigenous-advisors/</a>
<b>Elders in Residence</b>	Additional info: <a href="http://www.nic.bc.ca/indigenous-education/elders-in-residence">www.nic.bc.ca/indigenous-education/elders-in-residence</a>
<b>Counselling Services</b>	Additional resources: <a href="http://www.nic.bc.ca/student-services/counselling">www.nic.bc.ca/student-services/counselling</a>
<b>Department of Accessible Learning Services</b>	Additional resources: <a href="http://www.nic.bc.ca/student-services/accessible-learning-services">www.nic.bc.ca/student-services/accessible-learning-services</a>
<b>North Island Student Association (NISU)</b>	NISU Organiser: 250-334-5000 ext. 4190 or email <a href="mailto:organiser@nisu.ca">organiser@nisu.ca</a>
<b>Student Employment Services</b>	Additional resources: <a href="http://www.nic.bc.ca/careercentral">www.nic.bc.ca/careercentral</a>
<b>Thrive at NIC</b>	For information about activities and events to support connection, fun, and encourage positive physical and mental health, visit <a href="https://www.nic.bc.ca/about-us/nic-news/news/thriving-in-action-at-nic/">https://www.nic.bc.ca/about-us/nic-news/news/thriving-in-action-at-nic/</a>
<b>Student Rights and Responsibilities</b>	Find out more about your rights and responsibilities and how our NIC College community works together to ensure all of us enjoy a welcoming and respectful learning and working environment: <a href="https://www.nic.bc.ca/student-life-support-services/student-life-rights-responsibilities/">https://www.nic.bc.ca/student-life-support-services/student-life-rights-responsibilities/</a>

### SERVICES FOR INTERNATIONAL STUDENTS

You may contact us via [study@nic.bc.ca](mailto:study@nic.bc.ca) or by calling 250-334-5021

<b>Office of Global Engagement (OGE) Emergency Contacts</b>	Mark Herringer, Executive Director: 250-898-4528
<b>International Student Advising</b>	<a href="mailto:isa@nic.bc.ca">isa@nic.bc.ca</a>
<b>Peer Connector Program</b>	<a href="mailto:nadine.biggs@nic.bc.ca">nadine.biggs@nic.bc.ca</a>
<b>International Accommodations</b>	<a href="mailto:comoxvalleyinfo@canadahomestaynetwork.ca">comoxvalleyinfo@canadahomestaynetwork.ca</a>

<p><b>Student Technical Services:</b>  <i>Students can receive assistance, with NIC technology including Blackboard, myNIC, Microsoft Office, printing, etc.</i></p>	<p>Call us at 250-334-5010                  Outside CV call: 1-800-715-0914 ext. 5010 Schedule online appointments at:  <a href="https://library.nic.bc.ca/studenttech/Contact">https://library.nic.bc.ca/studenttech/Contact</a></p>
<p><b>Writing Support:</b> <a href="mailto:writing@nic.bc.ca">writing@nic.bc.ca</a></p>	<p>Writing support is available to all students. Schedule an online appointment at:  <a href="https://library.nic.bc.ca/WritingSupport">https://library.nic.bc.ca/WritingSupport</a>  <i>WriteAway</i> is a free online service for NIC students. Trained Tutors from participating institutions across the province will review online submission. Submit your paper at <a href="https://library.nic.bc.ca/WritingSupport">https://library.nic.bc.ca/WritingSupport</a></p>
<p><b>Math Support</b></p>	<p>Schedule an online appointment at  <a href="https://library.nic.bc.ca/MathSupport">https://library.nic.bc.ca/MathSupport</a></p>
<p><b>Peer Tutors:</b> <i>request Peer tutors Every effort will be made to identify tutors in different subject areas and connect them with students for online appointments.</i></p>	<p>Email: <a href="mailto:tutoring@nic.bc.ca">tutoring@nic.bc.ca</a>                  Students can book appointments with tutors directly at  <a href="https://library.nic.bc.ca/PeerTutoring">https://library.nic.bc.ca/PeerTutoring</a></p>
<p><b>Research Support</b>  <i>(During LLC Hours)</i></p>	<p>Available by phone, email, virtual meeting, in person and through AskAway Online Chat. For more info or to book appointments:  <a href="https://library.nic.bc.ca/researchhelp">https://library.nic.bc.ca/researchhelp</a></p>

### CAMPUS-SPECIFIC RESOURCES: Security & First Aid

<b>CAMPBELL RIVER</b>	
Security (after hours)	Phone: 250-202-5941
First Aid	Phone: ##12 or from cell phone call: (250)202-5941 After hours: same number
<b>COMOX VALLEY</b>	
Security (after hours)	Phone: 250-334-7206
First Aid	Phone: ##11 or from cell phone call (250)897 8811 After hours: landline - ##24 or cell - (250)334-7206
<b>MIXALAKWILA</b>	
Security (after hours)	Phone: 250-230-2835
First Aid	Phone: 250-230-2835 After hours: same number
<b>PORT ALBERNI</b>	
Security (after hours)	Phone 250-735-0626
First Aid	Phone: 250-723-0626

## COMMUNITY SUPPORTS

### STUDENTS IN DISTRESS/EMERGENCIES

**In an emergency, call 911.**

If you are in crisis and NIC support is unavailable, consider calling:

<b>Vancouver Island Crisis Line</b>	1-888-494-3888
<b>Crisis Suicide Helpline</b>	1-800-SUICIDE or 1-800-784-2433
<b>Kids Help Phone</b>	Text: 686868 (24-hour text support) Phone: 1-800-668-6868
<b>BC211</b>	Full list of community services available across BC. Dial 211 on BC landline or cellphone, or go to: <a href="https://bc.211.ca/">https://bc.211.ca/</a>
<b>Here2Talk</b>	24/7 counselling support for post-secondary students: 1-877-857-3397
<b>Metis Crisis Line</b>	Phone: 1-833-638-4722
<b>Kuu-Us Crisis Line</b>	Crisis line for Aboriginal callers: 1-800-588-8717

### LOCAL SUPPORTS

<b>Port Alberni</b>	List of community resources: <a href="https://bc.211.ca/">https://bc.211.ca/</a> Employment Resource: <a href="https://avemployment.ca/links/community-resources">https://avemployment.ca/links/community-resources</a> Foodbank: 250-723-6913 <a href="https://albernivalleysa.ca/community-food-bank/">https://albernivalleysa.ca/community-food-bank/</a>
<b>Mixalakwa (Port Hardy)</b>	List of community resources: <a href="https://bc.211.ca/">https://bc.211.ca/</a> Foodbank: 250-902-0332 <a href="https://harvestfoodbank.org/">https://harvestfoodbank.org/</a>
<b>Campbell River</b>	List of community resources: <a href="https://bc.211.ca/">https://bc.211.ca/</a> Community Health: <a href="https://campbellriver.fetchbc.ca/index.html">https://campbellriver.fetchbc.ca/index.html</a> Foodbank: 250-286-3226 <a href="https://campbellriverfoodbank.com/food-bank">https://campbellriverfoodbank.com/food-bank</a>
<b>Comox Valley</b>	List of community resources: <a href="https://bc.211.ca/">https://bc.211.ca/</a> Pathways Comox Valley: <a href="https://comox-valley.pathwaysbc.ca/">https://comox-valley.pathwaysbc.ca/</a> Foodbank: 250-338-0615 <a href="https://comoxvalleyfoodbank.ca/">https://comoxvalleyfoodbank.ca/</a>

## ADDITIONAL RESOURCES

### PERSONAL SUPPORTS

<a href="#">Anxiety Canada</a>	Resources for recognizing and managing anxiety.
<a href="#">Mind Shift</a>	A free mobile app from Anxiety Canada with strategies to deal with anxiety.
<a href="#">Booster Buddy</a>	A free mobile app to help young people improve their mental health.
<a href="#">Vancouver Island Crisis Society</a>	Provides text and chat support options.
<a href="#">Vancouver Island Queer Resource Collective</a>	Aim to help queer folk from all walks of life find the resources and support they need and to help themselves grow their selves and their communities, no matter what background they're coming from or where they fall under the rainbow.
<a href="#">Youthspace</a>	Online chat and e-counselling for youth under 30.

### INDIGENOUS SUPPORTS

<b>Kuu-Us Crisis Line</b>	Crisis line for Aboriginal callers: 1-800-588-8717
<b>Metis Crisis Line</b>	Phone: 1-833-638-4722
<a href="#">First Nations and Inuit Hope for Wellness Help Line</a>	Online chat and phone counselling and crisis support. Phone 1-855-242-3310
<a href="#">First Nations Health Authority</a>	Get tips, guides, and resources; find out about your health benefits and more.
<a href="#">The Wachiy Friendship Centre</a>	A non-profit society whose mandate is to provide services and supports to the urban Aboriginal population in the Comox Valley Regional District. This inclusive organization and programming is open to people of all ethnicities.
<a href="#">Laichwiltach Family Life Society</a>	A Campbell River-based multi-service organization that services Aboriginal people throughout the region. They work in a caring, collaborative, culturally based way to create a safe environment and circles of care, healing and wellness for First Nations and Metis families.
<a href="#">Port Alberni Friendship Center</a>	A non-profit society whose mandate is to provide services and supports to the urban Aboriginal population in the Port Alberni area. Services include counseling, recreation programs, youth employment training program, Outreach Legal Advocacy Program, some public health services, social events, crafts and cultural events, with a general drop-in atmosphere.
<a href="#">Sacred Wolf Friendship Center</a>	A non-profit society whose mandate is to provide services and supports to the urban Aboriginal population in the Mount Waddington area (including Port Hardy, Port McNeill, Zeballos, Woss, and other North Island communities).
<a href="#">Sasamans Society</a>	Society with a mission to strengthen children and families in a community-driven and culturally-appropriate manner, serving Courtenay, Campbell River and Port Hardy.