



Health, Safety and Welfare Support

CEL Vancouver is committed to ensuring the health, safety, well-being, and success of every student. We provide support before arrival, upon arrival, and throughout your studies. This includes mental health resources, physical health services, addiction and overdose awareness, and access to emergency and community support programs across British Columbia.

1. Medical Insurance Requirements in BC

BC Medical Services Plan (MSP)

All international students staying in British Columbia for more than three months must enroll in MSP.

- MSP covers doctor visits, hospital care, and medical emergencies.
- MSP has a 3-month waiting period after arrival.

Private Health Insurance (During MSP Waiting Period)

Students must hold private medical insurance (such as Guard.me or other providers) for their first three months until MSP coverage begins.

For assistance with MSP or private insurance, contact:

✉ admissions@englishcollege.com

☎ +1 (604) 685-0291

2. Mental Health Support for Students

Your emotional and mental well-being are a priority. The following services are free, confidential, and available 24/7.

Here2Talk (Free for All BC Post-Secondary Students)

- Phone, video, or chat counselling
- Available in multiple languages
- <https://here2talk.ca>
 - Canada & USA: 1-877-857-3397
 - International: +1-604-642-5212

Crisis Centre BC (24/7 Support)

- 1-800-784-2433 (1-800-SUICIDE)
- Online chat support available

3. Physical Health & Safety Resources

Emergency Medical Care (24/7)

911 for life-threatening emergencies

HealthLink BC (Free 24/7 Nursing Advice)

Dial 811

Speak to a registered nurse any time for medical advice in multiple languages.

Urgent Care & Walk-In Clinics

Students can access several clinics and urgent care centres near campus for non-emergency health issues.

4. Addiction, Substance Use & Overdose Prevention

British Columbia encourages awareness and preparedness regarding drug toxicity risks. CEL Vancouver provides students with overdose prevention information and safe-use guidance even if they do not use substances, so they can help protect themselves and others.

Naloxone Training & Overdose Response

Naloxone is a life-saving medication that can reverse opioid overdoses.

- Free Naloxone kits are available in our campus building.
- Students are encouraged to receive free training online or in person.
- CEL Vancouver staff can guide students on how to obtain a kit discreetly.

Where to Get Free Naloxone Kits

- Campus Building (Coal Harbour Pharmacy)
- BC Pharmacy locations
- London Drugs & Shoppers Drug Mart locations
- Community health clinics
- Overdose Prevention & Supervised Consumption Sites

Find locations here:

<https://towardtheheart.com>

Overdose Prevention Guide

Recognizing an opioid overdose:

- Slow or no breathing
- Blue lips or nails
- Unresponsive
- Snoring or gurgling sounds

How to respond:

1. Call 911
2. Administer Naloxone
3. Perform rescue breathing
4. Stay with the person until help arrives

5. Personal Safety on Campus & in the Community

CEL Vancouver provides a safe learning environment, however students should always take precautions.

Important Safety Guidelines

- Travel with others when possible, especially at night
- Keep valuables secure
- Report suspicious behavior immediately
- Know emergency exits in classrooms and buildings
- Follow fire and evacuation instructions

6. Sexual Violence, Misconduct & Harassment Support

Students can report any incident safely and confidentially. CEL Vancouver prohibits all forms of sexual violence, harassment, or discrimination.

Please see our sexual misconduct policy for more detail.

Supports include:

- Confidential reporting
- Safety planning
- Academic and schedule accommodations
- Help connecting with external agencies

External support:

- Victim Link BC (24/7): 1-800-563-0808
- BC Women's Hospital Sexual Assault Service: Specialized medical care
- Ending Violence Association of BC: <https://endingviolence.org>

7. On-Campus Wellness Support

Students may contact the Student Services Representative for all health or safety-related concerns, including:

- Adjusting to life in Canada
- Stress and anxiety
- Conflict resolution
- Academic pressure
- Safety concerns

soomeen@englishcollege.com

+1 (604) 685-0291

8. Health & Safety Orientation (Upon Arrival)

All new international students receive an orientation covering:

- Emergency procedures
- Health insurance requirements
- Mental health supports

- Overdose prevention awareness
- Campus safety information
- Local community resources
- How to report safety concerns

This ensures every student understands how to stay healthy and safe in British Columbia.

9. Emergency Preparedness

CEL Vancouver follows BC's emergency standards for:

- Fire safety
- Earthquake preparedness
- Severe weather
- Medical emergencies
- Critical incident protocols

Emergency procedures are reviewed during orientation and posted on campus.