



**This is a list of resources available to graduate students at the University of Toronto and to individuals living in Toronto and the Greater Toronto Area.**

### ***Distress Phone Lines***

#### **Assaulted Women's Helpline | 416-863-0511**

Provides free, 24-hour, 7-day-a-week crisis counselling, emotional support, information, and referrals via telephone to women in up to 200 languages. Completely anonymous and confidential.

#### **Gerstein Centre | 416-929-5200**

Provides free, voluntary, and confidential crisis intervention service over the phone and in-person for adults living in the City of Toronto. Available 24 hours a day, 7 days a week.

#### **Good2Talk | 1-866-925-5454**

Good2Talk is a free, confidential helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario. Available 24 hours a day, 7 days a week.

#### **Hope for Wellness Help Line | 1-855-242-3310**

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Available 24 hours a day, 7 days a week. Counsellors are also available through online chat. Phone and chat counselling are available in English, French, Cree, Ojibway, and Inuktitut.

#### **My SSP for International Students | 1-844-451-9700**

Culturally competent mental health and counselling services in 146 languages for international student use. Outside of North America, call 001-416-380-6578.

#### **Naseeha Helpline for Young Muslims | Call or Text: 1-866-627-3342**

Provides a confidential helpline for young Muslims to receive immediate, anonymous, and confidential support over the phone from 12-9pm, 7 days a week and over text Monday to Friday.

#### **Ontario Mental Health Helpline | 1-866-531-2600**

Free confidential helpline that can provide information about mental health supports near you. Available 24 hours a day, 7 days a week. The Ontario Mental Health Helpline also provides chat and email services.

#### **Ontario's Online and Text Crisis and Distress Service (ONTX) | Text 258258**

If you are not comfortable using the phone or would prefer to communicate with someone online or over text, ONTX is able to chat and text regarding distress, crisis, and suicidal thoughts. Text services are available from 2pm to 2am, 7 days a week at 258258. Online chat services are also available from 2pm to 2am, 7 days a week.

#### **Saint Elizabeth | 416-498-0043**

Offers a 24/7 Community Crisis Response Program which serves residents of *Etobicoke* and *North York*. Services include immediate telephone crisis intervention and support, mobile crisis visits in the home or the community, and referrals to other community services.

### Scarborough Hospital Mobile Crisis Program | 416-495-2891

Provides Telephone Crisis Response and community mobile crisis visits to individuals over 16 years of age who are experiencing a mental health crisis in *Scarborough* and *East York*.

### Spectra Helpline | 905-459-7777

24/7 Helpline providing confidential crisis and suicide intervention and emotional support. Text and chat options are also available. Multi-lingual helplines are available Monday to Friday, 10:00 a.m. to 10:00 p.m. in eight languages (Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu).

### Suicide Prevention Lifeline | 1-800-273-TALK (8255)

The Lifeline provides 24/7, free, and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

### Talk4Healing | 1-855-554-HEAL (4325)

A 24-hour helpline by Indigenous women for Indigenous women. Free and confidential, 14 Indigenous languages plus English and French. Call or text.

### The Warm Line | Call 416-960-WARM (9276) or Text 647-557-5882

A confidential and anonymous service for adults. Call, text, and online chat services are available every night from 8PM to Midnight Eastern Time.

### Toronto Distress Centre | 416-408-HELP (4357)

The Distress Centre offers 24/7 emotional support, crisis intervention, suicide prevention and linkage to emergency help when necessary. Available 24 hours a day, 7 days a week.

## ***Wellness Activities/Resources***

### Academic Success Centre

The Academic Success Centre helps undergraduate and graduate students reach their full potential by helping students develop important skills such as note-taking, study strategies, writing, giving a presentation, and reducing test anxiety.

### Accessibility Services

Provide students with a network of resources to succeed, both inside and outside the classroom. Services include arranging test and exam accommodations, peer mentoring and drop-in, expertise in learning strategies, and access to funding for disability-related supports.

### Breathe Well Workshop

Feeling too busy to manage stress effectively as a university student? Come learn about the benefits of restorative breath, try new techniques for relaxation such as muscle tension reduction and learn new tips for taking time to pause and recharge.

### Better Coping Skills

If you're having trouble coping with the demands of university life—or even regular everyday situations—this series of workshops can help you build the skills you need to thrive.

### Better Coping Skills by SGS

Better Coping Skills workshops by the School of Graduate Studies (SGS) are designed for graduate students, to help you to develop coping skills so that you can better meet the demands of university, work, and your personal life.

### BounceBack Ontario | 1-866-345-0224

A free skill-building program managed by the Canadian Mental Health Association. It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

### CAMH Game Changers

A mental health program designed to help young Canadians feel more comfortable talking about health, mental health, seeking help and supporting friends. Their tools have been co-created with CAMH's clinical and education team alongside youth ambassadors to ensure they reflect informed research with a youth perspective.

### Dealing with Depression: A Resource Guide

If you or someone you know is suffering from depression, it can be difficult to know where to turn. This resource guide contains a selection of some of the best websites, organizations, and other helpful resources available to anyone who has been diagnosed with or suspects they are suffering from depression.

### Graduate Wellness Portal

An online directory containing 100+ mental health services, resources, and academic supports available on and off campus for domestic and international graduate students.

### Health & Wellness | 416-978-8030; 214 College Street, 2<sup>nd</sup> Floor

Offers a wide variety of mental health services including psychotherapy, pharmacotherapy, group therapy, and embedded counsellors. UofT students who have registered and paid fees at the University of Toronto are eligible for services.

### Hong Fook Mental Health Association | 416-493-4242; 130 Dundas St. W., 3<sup>rd</sup> Floor

Hong Fook Mental Health Association is the leading ethno-cultural community mental health agency with a consolidated culturally competent team in Ontario serving the Asian communities.

### LinkMentalHealth

Connects people to diverse, private and public counseling in the Greater Toronto Area, regardless of what they can afford.

### Mennonite New Life Centre of Toronto | Various Locations

Many immigrants and refugees experience high levels of stress and trauma as a result of their migration and settlement experiences. In addition, they struggle to find help in their first language. The Mennonite New Life Centre of Toronto Mental Health Program mobilizes the skills of internationally trained mental health professionals to meet the emotional health needs of newcomers in Toronto.

### Mindful Moments

Daily drop-in meditations, yoga, and Tai Chi for focus, relaxation, and resilience.

### Mindyourmind

Offers support and guidance for young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

### Mood Disorders Association of Ontario | 416-486-8046; 36 Eglinton Ave. W., Suite 602

The Mood Disorders Association of Ontario offers free support and recovery programs to people across Ontario living with depression, anxiety or bipolar disorder. They provide drop-in peer support groups, recovery programs, family and youth clinical support, early intervention for mood disorders and psychosis and online tools focused on wellness and recovery.

### MoveU.HappyU

MoveU. is a tri-campus initiative at UofT that promotes healthy active living and improving student mental health. HappyU is a free, unique six-week program that offers physical activity counselling and exercise training to reduce symptoms of stress, depression, and anxiety.

### Robarts Library Reflection Room

Space for religious, spiritual, and secular practices, including prayer, meditation, yoga, and mindfulness.

### Sexual Violence Prevention and Support Centre | 416-978-2266

The Sexual Violence Prevention and Support Centre works with University students, staff, and faculty affected by sexual violence and sexual harassment. They provide help with navigating and accessing supports such as counselling, medical services, academic or workplace accommodations, financial aid, and legal aid.

### Sleep Well Workshop

Feeling too busy or stressed as a university student to sleep properly? Come learn about what you can do to improve your sleep and feel more rested and refreshed.

### Togetherall

An online community of members, who support, help each other and share what's troubling them in a safe and anonymous environment. The site is available 24 hours a day, 7 days a week, 365 days a year – no need to wait until morning, the next business day or for a doctor's appointment. You can find support simply by logging on.

### Workplace Strategies for Mental Health: Post-Secondary Student Resilience

When they begin college or university, students may face significant stressors on their own for the first time. This resource can help them plan ahead so they are better able to cope with the personal and academic stressors they may encounter.

## ***Emergency Shelter***

### CAMH Emergency Department | 416-535-8501 press 2; 250 College Street

Adults in need of emergency assessment and treatment with mental health and substance abuse issues. No referral required. Available 24 hours a day, 7 days per week.

### Central Intake for the GTA | 416-338-4766; Toll Free 1-877-338-3398

Comprehensive list of shelters with direct admission.

### [Gerstein Centre](#) | **416-929-5200**

Provides crisis intervention to adults, living in the *City of Toronto*, who experience mental health problems. The service has three aspects: telephone support, community visits and a ten-bed, short-stay residence. All three aspects of the service are accessed through the crisis line.

### ***Walk-In Support***

#### [416 Community Support for Women](#) | **416-928-3334; 416 Dundas St. E.**

416 Community Support for Women is a daytime drop in program for women looking to gain or give support while coping with isolation, addiction and/or mental health issues and other difficulties. It is open 8:30AM-4:30PM, 7 days a week. Basic services include daily breakfast (8:30-10:00 AM) and lunch (12:00-2:00 PM), weekly food bank, social/recreational programs and life skills training. The Centre also offers weekly medical clinics and mental health and addiction case management services on a daily basis.

#### [Family Service Toronto](#) | **416-595-0307 ext. 269; 128A Sterling Road, 2nd Floor, Suite 202**

Family Service Toronto provides free, immediate drop-in counselling for a wide range of concerns to individuals, families, and couples over 18 years of age on Wednesday evenings, opening at 3:00 PM, with the latest arrival at 6:15 PM. No appointment or referral is needed.

#### [What's up Walk-In](#) | **Various Locations**

Free Walk-In Mental Health Counselling. No fee. No appointment. No Health Card. Six Locations across Toronto. Immediate mental health counselling for children, youth, young adults and their families, and families with infants is available at the what's up walk-in clinic.

#### [WoodGreen Community Services](#) | **416-645-6000 ext. 1100 or 1200; 815 Danforth Ave., 1st floor**

The WoodGreen Walk-in Counselling Service offers free, immediate drop-in counselling on Tuesday and Wednesday evenings to address a wide range of concerns. They open at 4:00 PM, with the latest arrival at 6:45PM. No appointment or referral is needed. There are no restrictions to access.

### ***Counselling & Psychotherapy***

#### [Access CAMH](#) | **416-535-8501 ext. 2; 250 College Street**

Provides centralized information, intake, and scheduling for most of CAMH's services. Access CAMH makes it easy for patients, families, friends, and healthcare professionals to find the help and services they need with a single phone call.

#### [Centre for Interpersonal Relationships](#) | **1-855-779-2347; 790 Bay St.**

A team of psychologists, psychotherapists, and counsellors that offer a wide range of services for adults, couples, families, and groups.

#### [First Session](#)

A video directory of mental healthcare professionals in Toronto. Each therapist on First Session has been vetted, interviewed, and filmed to help you make the initial thumbs up or thumbs down in a matter of seconds, not hours.

#### [Graduate Counselling Services](#) | **416-978-8030 Option 5**

Short-term counselling offered to graduate students by the Health & Wellness Centre and School of Graduate Studies.

### Ontario Psychological Association

The Ontario Psychological Association has a referral service to link individuals with psychologists for treatment or assessment.

### Psychotherapy Referral Service | 416-920-0655

PRS is a referral service that, based on an intake interview, matches individuals with trained psychotherapists in Toronto.

### Psychology Today

Psychology Today maintains an online directory of therapists all over Canada and the U.S.A., with information about their location, therapy type, experience, insurance coverage, etc.

### Toronto New Life Wellness Place | 647-340-5433; 1122 Finch Ave. W., Unit 23

The Toronto New Life Wellness Place provides multicultural, multilingual therapeutic wellness services for people in the Greater Toronto Area needing mental health and wellness support.

## ***No- or Low-Cost Counselling & Psychotherapy***

### Barbra Schlifer Commemorative Clinic | 416-323-9149 ext. 234; 489 College St., Suite 503

Barbra Schlifer offers no-cost group and individual counselling as well as legal and interpretation services to women who have experienced violence.

### Catholic Family Service Toronto | 416-921-1163 (Central Toronto); 416-222-0048 (North Toronto)

Catholic Family Service Toronto provides sliding scale individual, family, couple, and group therapy to people of all backgrounds – clients need not be Catholic. No one is turned away for inability to pay.

### Family Service Toronto | 416-595-9618; Various Locations

Family Service Toronto provides sliding scale individual, family, couple, and group therapy for a range of difficulties including trauma therapy. They also offer internet counselling. No one is turned away for inability to pay.

### Gestalt Institute of Toronto | 416-964-9464; 417 Parliament Street

Gestalt therapy provides an opportunity to move through old issues, make changes, improve relationships, express creativity, decrease generalized fear and mistrust, and learn to have more fun.

### Hard Feelings | 416-792-4393; 848 Bloor St. W.

Hard Feelings is an innovative, welcoming community of professional counsellors who provide low-cost services and support. Their storefront sells carefully curated books and resources to help build and sustain stronger mental health.

### OISE Psychology Clinic | 416-978-0654; 252 Bloor St. W.

Sliding scale psychotherapy is provided to individual adults by Counselling Psychology graduate students who are supervised by licensed Psychologists. The clinic is open from September through April. Low cost, with sliding scale.

### WoodGreen Community Services | 416-645-6000 ext. 1367; 815 Danforth Ave., 1st floor

WoodGreen offers no-cost counselling to individuals 16 years of age or older who are experiencing problems with mental health. They aim to work with people from a recovery strengths-based perspective.

## ***Student Groups on St. George Campus***

### **Healthy Minds UofT**

Healthy Minds is a mental health advocacy and peer support group focused on providing a physical and mental space for discussion and activities relating to well-being on campus.

### **Healthy U Crew**

A student-led team at the University of Toronto St. George campus dedicated to creating a healthier campus for all students. They use education, advocacy, and collaboration with campus and community partners to help support students in make healthier choices.

### **UMatter**

UMatter is a student-led initiative focused on increasing student mental well-being on campus. They partner with community organizations, professors, and other clubs to host workshops and de-stressor events for students and give students opportunities to explore and learn about their mental health.

### **UofThrive**

A tri-campus student collective dedicated to elevating student voices on mental health.