

DSA Mental Health Resources

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Developed by Emily Faubert & Lauren Knight

**note: you will see italicized portions that indicate our personal experience with resources.
Please feel free to contribute your walkthroughs to prepare others for what they'll experience**

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Immediate Non-UofT Resources:

Note: These services are non-emergency.

If you're in immediate danger or need urgent medical support, call 9-1-1.

If you or someone you know is considering suicide or self-harm, call or text 9-8-8. Support is available 24 hours a day, 7 days a week.

If you're experiencing family or gender-based violence, you can [access a crisis line](#) in your province or territory.

SEC TORONTO

The Sexual Education Centre hosts and lists a number of Counselling and Legal Aid Resources. You can access these resources and further information here:

<https://www.secutoronto.org/counselling-and-legal-aid>

GOOD2TALK

Good2Talk is a free, confidential, 24-hour helpline for post-secondary students in Ontario. It can support students through a wide range of issues that may be impacting their mental health and well-being, including depression, anxiety, substance abuse, academic stress, personal or family relationships, loneliness, financial concerns and other challenges facing students transitioning to post-secondary.

Call: 1-866-925-5454

<https://good2talk.ca/>

Note: Emily has used Good2Talk on multiple occasions- through phone and text, and had great experiences each time. They are great at affirming and validating, and end their sessions by helping you plan something to do next in order to take care of yourself, like going for a walk, having a snack, or calling a friend.

TALK4HEALING

A 24-hour helpline by Indigenous women for Indigenous women. Free & Confidential, 14 Indigenous languages plus English and French.

Call or Text: 1-855-554-HEAL (4325)

www.talk4healing.com

LGBT YOUTHLINE

Youth Line offers confidential and non-judgemental peer support through our telephone, text and chat services. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.

www.youthline.ca

KARIBU MENTAL HEALTH NETWORK

The Karibu Mental Health Network is a team of Black, Indigenous and POC therapists providing (paid) individual, couples, child and youth and family therapy services. Learn more about them and their services here: <https://kmhn.janeapp.com/>

The Warm Line

The Warm Line is a confidential and anonymous service for adults living in the GTA and Peel Region in need of a friend with an empathetic ear. It is operated by peers who have experienced loneliness, isolation and anxiety. They are people who will really listen.

Warmline helpline: (416) 960-9276

Mental Health Insurance Coverage:

Under our current UTGSU student benefit plan (2024/2025), we have access to \$750 per benefit year to access a Psychologist, Social Worker/Counsellor, Master of Social Work, or Psychotherapist. There is no co-pay, meaning that sessions will be 100% covered up to \$750 per year.

Benefit details:

https://www.studentcare.ca/RTEContent/Document/EN/Insurance_brochure/UTGSU.pdf

For those working as a Teaching Assistant, you will have access to a CUPE3902 top-up benefit plan (2024/2025). This top-up includes \$5,000 per benefit year combined to access a Psychologist, Social Worker/Counsellor, Master of Social Work, or Psychotherapist.

Note: If you are a first-year/incoming student, there is a 2-month blackout period for the UTGSU Benefit Plan. This means that you can either pay for services during this time, and then submit them for reimbursement starting Nov 1; or, you can submit for payment retroactively. After the blackout period, services can be directly billed to Green Shield Plus (if your provider accepts direct billing, otherwise you can claim right away through the app or online).

Dialogue App

Also included in Health Coverage, Grad Students also have access to the Dialogue App, which offers sessions with a licensed therapist (60-minute financial planning and advice sessions are also available). For each mental health goal, students can access one 60-minute assessment session followed by four 25-minute sessions to address anxiety, depression, insomnia, etc. The sessions follow Cognitive Behavioural Therapy (CBT) and include worksheets and toolkits to use between sessions. Students can also be matched with local therapists through the service. *If you're having trouble making an account, use code FALL24HI*

Planning Resources

Navigating your PhD:

Looking for information on how to navigate the PhD Program? Visit our 'How to get a PhD' Quercus series: <https://q.utoronto.ca/courses/238746>

University of Toronto (Tri-Faculty) Resources

UofT Accessibility Services

Can provide accommodations for classes, notetakers, alternate exam rooms, access to the [Bursary for Students with Disabilities](#) (BSWD), socials, and more. **Make sure you start the registration process early!**

<https://studentlife.utoronto.ca/department/accessibility-services/>

Faculty of Information Resources

Student Service Team:

1. As noted on our FOI website, student support is available through our Student Services team. They state, "we are available throughout the year to help students with any difficulties they may encounter":

Call: 416-978-3234

Email: inquire.ischool@utoronto.ca

In addition, the Office of the Registrar and Student Services provides one-on-one advising and support, and referrals for academic, financial and personal challenges. Visit the Welcome Desk at the 4th floor Student Commons, Monday to Friday from 9am to 5pm or email inquire.ischool@utoronto.ca.

Finances

Faculty of Information Contact Person:

Rex Kristofer Reudolph Kalaw (rex.kalaw@utoronto.ca) is the FOI payroll and financial assistant, but Alfredo Gonzalez (alfredo.gonzalez@utoronto.ca) is also a financial assistant (who students have spoke with for relocation assistance and conference travel grant). The FOI website does not differentiate between the two roles, and it isn't clear who their direct report is though both are accessible.

Free 60-minute Financial advice/planning sessions are available through the Dialogue App (see coverage section above)

Emergency Grant

This can help to cover emergency situations (such as not being paid for your work, medical expenses during the blackout or beyond coverage, etc.)

<https://ischool.utoronto.ca/award/faculty-of-information-emergency-grant/>

NAVI

Navi is an anonymous chatbot which provides you with information to help navigate mental health resources and make decisions about seeking appropriate support on campus and in the community. To learn more about Navi, check out this two-minute [video here](#) or visit Navi at <http://uoft.me/navi>.

GSU

The Graduate Student Union hosts a number of events throughout the year. Their website is also a great source for additional resources on health and wellness: <https://utgsu.ca/>

The GSU lists their full calendar of events here:

https://calendar.google.com/calendar/u/0/embed?src=utgsu.ca_3239303931313036333535@resource.calendar.google.com&ctz=America/Toronto

To highlight a few events and initiatives that are recurring for the 2024/2025 academic year (2024 links):

- Art as Therapy: <https://utgsu.ca/event/art-as-therapy-nov26/>
- Pet Therapy: <https://utgsu.ca/event/pet-therapy/>
- Grants and Bursaries (conference fund, community development fund, emergency grant, etc.): <https://utgsu.ca/services-grants/grants-bursaries/>
- Volleyball, Badminton, etc.: <https://utgsu.ca/services-grants/levy-groups/volleyball-league/>
- You can find additional events listed on Folio: <https://folio.utoronto.ca/students/events>

The GSU also has bookable space for events and social gatherings: <https://utgsu.ca/services-grants/building-bookings/>

School of Graduate Studies (SGS) Resources:

<https://www.sgs.utoronto.ca/gradhub/resources-supports/#health-wellness>

Health Services

Grad Minds:

As outlined on the Grad Minds website:

“Formed through a student initiative at the University of Toronto in September 2013, Grad Minds is now officially recognized as the Mental Health Advisory Committee of the University of Toronto Graduate Students' Union (UTGSU). We promote well-being and provide mental health education through programs, initiatives, and events, with a focus on developing psychological resilience, personal skill development, self-care practices, and de-stigmatizing mental health problems.”

Find out more about Grad Mind and events: <https://www.gradminds.ca/>

Multi-Faith Centre:

The Mutli-Faith Centre is a space for you *to engage in community, where you can learn, grow and explore diverse cultural and spiritual perspectives*. You can visit the space to worship or reflect, attend a meditation or mindfulness class, participate in religious diversity training, or borrow from the resource library!

Find out more here: <https://studentlife.utoronto.ca/departments/multi-faith-centre/>

Mindful Moments - Meditation:

As outlined on the Multi-Faith Centre website:

“Mindful Moments works to support students’ holistic wellbeing: body, mind, spirit and heart. Through mindfulness meditation and yoga classes, we aim to provide programming where students can learn new skills, develop life-long healthy habits and learn about themselves. These classes are also a great way to find a quiet space during busy days.”

Class information can be found here: <https://studentlife.utoronto.ca/program/mindful-moments-meditation-and-yoga/>

OISE Psychology Clinic:

As described on their website, the OISE psychology clinic “provides comprehensive and confidential assessment and intervention services to children and adolescents, and assessment and counselling services to adults. These services are typically provided by graduate students doing their clinical training under the supervision of faculty and staff psychologists”

Find out more: <https://www.oise.utoronto.ca/psychology-clinic>

Accessibility Support:

The School of Graduate Studies has an accessibility-specific advisor who can discuss accommodations for all kinds of grad-specific contexts: <https://www.sgs.utoronto.ca/resources-supports/accessibility/>

Student Life also has an accessibility service team. They note, “our team assists in navigating disability-related barriers to your academic success at U of T for your on-going or temporary disability. We provide services and supports for learning, problem solving and inclusion.”

Find out more here: <https://studentlife.utoronto.ca/departments/accessibility-services/>

Spots & Rec:

Sport & Rec is the division of the Faculty of Kinesiology & Physical Education that provides sport and physical activity programs for U of T students, staff, faculty, alumni and community members at St. George Campus.

<https://kpe.utoronto.ca/welcome-sport-rec-u-t>

Graduate Centre for Academic Communication:

GCAC offers five types of support designed to target the needs of both native and non-native speakers of English: non-credit courses, single-session workshops, individual writing consultations, writing intensives, and a list of additional resources for academic writing and speaking.

<https://www.sgs.utoronto.ca/resources-supports/gcac/>

Family Services:

Family Care Office:

Across its three campuses the University is dedicated to supporting students with family commitments, aiding them in successfully completing their studies while caring for family members and themselves. Schedule a one-on-one meeting with a Family Care Office advisor to find out more:

<https://familycare.utoronto.ca/students/>

SGS Parental Grant:

Established in 2017, The SGS Parental Grant program, aims to provide financial support to doctoral students within the funded cohort by helping to offset the loss of their program's base funding as a result of taking an approved parental leave of absence at the time of birth or adoption in order to provide full-time care during the child's first year or the first year the child comes into care (see SGS Leave of Absence Policy).

<https://www.sgs.utoronto.ca/awards/sgs-parental-grant/>

Anti-racism and cultural diversity support

The Anti-Racism and Cultural Diversity Office (ARCD) within the Division of People Strategy, Equity & Culture, provides services to support University members in their efforts to foster environments that are intentionally racially diverse and inclusive through the advancement of equitable practices, education and training and the provision of complaints resolution supports on matters of race, faith and intersecting identities as guided by the Ontario Human Rights Commission.

<https://antiracism.utoronto.ca/>

Sexual violence and prevention support centre

The Sexual Violence Prevention and Support Centre is here to help and support students, staff and faculty at the University of Toronto who have been affected by sexual violence or sexual harassment. The Centre offers confidential, non-judgmental, client-centred services. We're here to help you understand, access and navigate supports such as counselling, medical services, academic or workplace accommodations, financial aid and legal aid. The Centre also works to end sexual violence on campus through training and education.

<https://www.svpscentre.utoronto.ca/>

Queer & Gender-Diverse Resources:

Sexual & Gender Diversity Office

The Sexual & Gender Diversity Office (SGDO) develops partnerships to build supportive learning and working communities at the University of Toronto by working towards equity and challenging discrimination. Access supports, resources, and educational opportunities available to all students, faculty, librarians and staff across the three campuses. Find 2SLGBTQ+ groups across all campuses.

<https://sgdo.utoronto.ca/>

Peer Support Counselling at Sexual Education Centre

Our volunteers are ready to help you answer any questions you may have with regards to sex, sexuality, and sexual health in a welcoming, non-judgmental, sex-positive environment. We will also happily point you in the direction of services, clinics, support groups, and resources within the University of Toronto, the community at large, and online/in print. You may come in person to our office at room 326 of the student commons, where our volunteers will be happy to answer your questions. Our office hours are Monday-Friday, from 11:00am to 5:00pm, during the academic year (September-April). We are closed at the same time as the University of Toronto.

Available at this link: <https://www.secutoronto.org/peer-support>

Centre for Women and Trans People

The Centre for Women and Trans People is committed to providing a safe, harassment-free drop in space for all women and trans people on campus. We provide free support, referrals, resources and advocacy on issues of sexism, racism, homophobia, transphobia, ableism, ageism, violence, health and poverty through our workshops, events, services and programming.

<https://womenscentre.sa.utoronto.ca/>

Indigenous Students:

Indigenous Gateway:

This website provides an overview to the Indigenous community, initiatives, services, and academic programs on all three U of T campuses:

<https://indigenous.utoronto.ca/>

First Nations House:

We provide culturally relevant services to Indigenous students to support academic success, personal growth and leadership development. We offer learning opportunities for all students to engage with Indigenous communities at U of T and beyond:

<https://studentlife.utoronto.ca/department/first-nations-house/>

International Students:

UHIP

Find a detailed outline of UHIP coverage here:

<https://internationalexperience.utoronto.ca/international-student-services/university-health-insurance-plan-uhip/healthcare-at-uoft-uhip>

Peer Support with Student Ambassadors:

Incoming international students can connect with student ambassadors who are current UofT students. You can find more information here:

<https://internationalexperience.utoronto.ca/international-student-services/resource-and-information-hub/ise-ambassadors>

International Student Services:

Find more information about programming, services, and support for international students here:

<https://internationalexperience.utoronto.ca/international-student-services>

Individual Supports

Registering with Health and Wellness

To access 1:1 appointments (excluding the peer support groups, which are drop-in), you will need to register with Health and Wellness. It's a good idea to get this done sooner rather than later, so it's set up for when you need it.

[Book appointments and view lab results online - UofT Student Life](#)

- Before booking your first appointment, you will need to register as a new patient/client. Please call our main line 416-978-8030 (Monday – Friday, 9 a.m. – 4:30 p.m.) and our reception staff will assist you. *extension 2 for medical services, extension 5 for mental health/counselling. Tell them you would like to register, let them know what service you are looking for (eg. Refill prescriptions, counselling services, health concerns)*
- After your call, complete the Registration Package through a secure online portal. It will be emailed to you. *This will take about 30 minutes, and asks for your health information, including medications, family care physician (if applicable), insurance information (if applicable), and previous/ongoing health concerns. NOTE: you may be asked to put in a placeholder date at the end of the forms, after filling out what you would like to work on.*
- *Read and review our policies and agreements in the form.*
- To complete your confidential file, we require the Registration Package prior to your first appointment. Your Health & Wellness healthcare professionals will review your health history and needs in advance.
- Once you submit your Registration Package, you may reconnect with the Health & Wellness Centre to schedule your first appointment. *Call back at the above number and extension and tell them you filled out the form, you will now book your appointment with them.*

Same-Day Counselling Services (registration required)

Students can book with a professional counsellor to discuss resources or specific needs. These can be same day appointments, or within the week of booking. These can be in-person at the 700 Bay Street Health and Wellness clinic, or online.

[Same-day counselling appointment - UofT Student Life](#)

1:1 BIPOC Wellness Sessions (registration required)

These are also same-day or within the week of booking, and match students with a BIPOC-identifying counsellor.

iSchool On-Location Counselling (registration required)

<https://studentlife.utoronto.ca/service/mental-health-clinical-services/>

This is a service offered by Health and Wellness so that students can meet with a counsellor at their faculty instead of the 700 Bay St. Health and Wellness Location. The Faculty of Information counsellor is named Tracy, and is at 140 St. George St. Booking still goes through Health and Wellness, you just ask for the iSchool Counsellor instead of the regular Individual appointments!

Peer Support Workshops (1:1 non-judgemental chats—drop-in: no registration required)

[Health & Wellness - UofT Student Life](#)

Access in-person and virtual peer support from Tuesdays to Fridays, between 11 a.m. – 4 p.m.

Access peer support in person at:

- Robarts Library, Room 1152 (Tuesdays – Fridays)
- Engineering and Computer Science Library, Room 2402C (Wednesdays only)
- Student Commons, Room 246 (Thursdays only)

Or [access us virtually on Zoom](#) (Wednesdays – Fridays).

Group Supports/Workshops

These are often tailored to a theme, such as ‘exam anxiety’, ‘making social connections’, ‘mindful eating’ or ‘improving sleep’. While learning skills, you can also meet other students, which can increase a feeling of belonging, since you’re not alone in how you’re feeling. See the current offerings, sign up, and learn more about what to expect here: [Attend a Health & Wellness workshop - UofT Student Life](#)

Student Life Health & Wellness Resources:

Website: <https://studentlife.utoronto.ca/department/health-wellness/>

There are a number of programs available in the student life ‘Health & Wellness’ center:

Programs & Workshops

- 5 Ways to Wellbeing: teaches participants how to apply five simple, evidence-based actions to promote positive mental health
- Better Coping Skills: Develop a toolkit to support your self management
- Breathe Well: Learn the power of breathing techniques
- Making Social Connections: Feel more connected to / at ease with others.
- Finding a therapist: Learn about therapy and how to find a therapist to fit your needs and preferences
- Grief Support Group: An informal mutual support group for students who have experienced a death or are experiencing anticipatory grief.
- Hacking Perfectionism: Examine your relationship with perfectionism.
- Health & Wellness Student Advisory Committee: Ensure policies, programs, services, and environments are inclusive, accessible, adaptive, affirmative, anti-oppressive and promote cultural safety
- HealthyU Crew: A team who uses a health-equity lens to deliver holistic, evidence informed health promotion to UofT students
- Managing Exam & Test Stress: Workshop and strategies to support stress management.
- Mindful Eating: Combine relaxation and mindfulness with practical nutritional knowledge

- Managing Imposterism: Learn more about imposter phenomenon and how to overcome it
- Managing your Inner Critic: Workshop to support graduate students who notice they can be their own harshest critic
- Protect your body while learning at home: Learn tips for setting up your environment ergonomically and incorporating daily movement into your routine.
- Sleep Well: Feel more rested and improve your sleep in this clinician-led workshop
- Transcending: A Cognitive Behavioural Therapy (CBT) group for trans and gender diverse students looking to learn ways to reduce the impacts of Minority Stress and connect with people who have similar experiences.

Training and Certification:

- safeTALK: 4-hour workshop for building skills in suicide prevention
 - *Emily: I have completed this certification (somewhere around 2018) and found it very helpful not only because I had skills to help friends and strangers in crisis, but for my own self-talk. I believe there is usually a fee associated with this training unless it's part of your program of study.*
- Identify, Assist, Refer Asynchronous Online Training: Prepares you with skills and information to support individuals experiencing different types of challenges that impact mental health.
- LivingWorks START: 90-minute e-learning program that teaches learners to recognize when someone is considering suicide

Non-UofT Sexual Health & Community Counselling Resources

Hassle-Free Clinic

<https://www.hasslefreeclinic.org/about>

Offers medical and counselling services for women, men, trans, & two spirit peoples. Anonymous STI, & HIV testing, prevention, treatment, and counselling services. Men's and women's clinics operate at separate hours, trans people can attend at the clinic that they are most comfortable.

The 519

<https://www.the519.org/programs/>

Recovery support groups, health justice hub, debt recovery support groups, 2SLGBTQ+ yoga, and many more services.