

# Mental Health Resources:

This resource contains links and descriptions for many (though not all) diverse mental health resources available in the City of Toronto and as a University of Toronto Student.

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# Free Mental Health Supports

## GENERAL:

### 1. [CANADIAN MENTAL HEALTH ASSOCIATION](#)

The Canadian Mental Health Association provides a wide variety of mental health services and workshops.

“By integrating health and social care, we provide services that aid in long-term wellness including housing, employment, community connections and so much more. Our community-based programming means we can partner with clients to support all aspects of their wellbeing: mental, physical, emotional and spiritual.”

If you need help navigating CMHA programs, call: [416-789-7957](tel:416-789-7957).

[CMHA Resources for Understanding Mental Health](#)

### 2. [LOFT COMMUNITY SERVICES](#)

“LOFT provides mental health services, addictions support, and supportive housing for youth, adults, and seniors in Ontario. We proudly welcome and serve people of all gender identities, races, religions, cultures, abilities, and sexual orientations.”

**Support Services:** “We offer one-on-one and group support services for individuals 16+ struggling with mental health, addiction, and/or homelessness.”

**Housing Services:** “We offer transitional and permanent housing supports for people with diverse housing needs so they can live independently, at home or with us.”

### 3. [THE TORONTO MENTAL HEALTH AND ADDICTIONS ACCESS POINT](#)

“The Toronto Mental Health and Addictions Access Point, referred to as **The Access Point**, is a centralized point where you can apply for individual mental health and addictions support services and supportive housing. The Access Point provides coordinated access to a number of services within the large network of service providers through one application and intake assessment process.”

Available for individuals 14 years and older who have mental health and/or addictions struggles and live in, or plan to live in, The Access Point boundaries, which are Port Union Road to Highway 427 and Steeles Ave. to the lake.

**Services Include:** individual support services and housing services.

[Application Form](#).

[Additional resources](#) supported by The Access Point

#### 4. [STRIDES TORONTO](#)

Community, autism, developmental and mental health support, services and referrals in Toronto's east end. Strides Toronto offers various programs including:

[What's Up Walk-In:](#) "Therapists offer single sessions up to an hour long. In-person at 1200 Markham Road, Suite 200, Scarborough. Virtual sessions also available. Available for individuals 0-29 years old and their caregivers."

[Gender Based Violence Program:](#) "The Gender-Based Violence Program (all gender identities welcome) provides free support to individuals who are *involved* or *at risk* of being involved in human trafficking or those who have been involved in the sex trade by *choice*, *circumstance*, or *coercion*. The program is grounded in treating trauma, relational therapy and addressing human rights. Our team works from a strength based, sex-positive, harm reduction and trauma-informed approach. We believe in empowering survivors to have self-worth and to build healthy support systems. Available for individuals 12 – 29 years".

[Youth Wellness Hubs Ontario:](#) "provides youth aged 12 – 25 with a range of services to address needs related to mental health, substance use, primary care, education, employment, housing, and other social services. We aim to create a welcoming and inclusive environment where youth can access support, connect with peers, and engage in activities that promote wellness. When you first get connected to our Youth Wellness Hub, we will help you identify which service is the best fit for your needs."

[Youth in Transition Program:](#) "Youth In Transition Workers aim to meet youth where it is more convenient for them, in the community, at coffee shops, libraries or at the office. Various services available including mental health supports. Available for youth aged 16 – 24 years in Extended Society Care or a formal Customary Care arrangement immediately prior to the youth's 18th birthday or is eligible for support under Continued Care and Support for Youth."

#### 5. [TORONTO RAPE CRISIS CENTRE](#)

"Toronto Rape Crisis Centre (TRCC) aims to provide anti-oppressive, feminist peer support to survivors of sexual violence, of all genders and identities, through counselling, group support, education, advocacy, and activism."

24/7 Crisis Line: 416-597-8808

TEXT: Text us at 647-424-1134. Your text will be placed in a queue. A trained, peer counsellor will respond as soon as possible.

**OTHER SERVICES INCLUDE:** group support, individual peer counselling, court/medical accompaniment, and advocacy (provide information to help you make informed decisions).

## CRISIS LINES:

### 1. [GERSTEIN CRISIS CENTRE](#)

“Our crisis services include 24/7 telephone support, in-person mobile crisis team, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds. Over-the-phone interpretation services are available 24/7 in over 180 languages through RIO Network.”

**CRISIS LINE:** (416) 929-5200

### 2. [211 CENTRAL](#)

A central access point to be connected to the appropriate mental health and other social services that meet your needs.

**Call:** 211 (Available 24/7)

**TTY:** 1-888-340-1001 (Available 24/7)

**Text:** 21166 (Monday to Friday: 7 a.m. to 9 p.m.)

### 3. [CRISIS SERVICES CANADA](#)

Support for people who are thinking about suicide.

**Call:** 1-833-456-4566 (available 24/7)

**Text:** START to 45645 (daily from 4 p.m. to midnight)

### 4. [DISTRESS CENTRES OF GREATER TORONTO](#)

**24/7 ENGLISH LINE:** 416-408-4357

**MULTILINGUAL LINES:** services in Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu, open **Monday to Friday, 10am to 10pm.**

**MULTILINGUAL CALEDON LINE:** 877-298-5444

**MULTILINGUAL BRAMPTON and MISSISSAUGA LINE:** 905-459-7777

**MULTILINGUAL TTY LINE:** 905-278-4890

“Provide support for those in crisis, at risk for suicide and those experiencing emotional distress through 24/7 multi-lingual inbound, outbound and in-person programs.”

### 5. [GOOD2TALK](#)

Confidential support services for post-secondary students in Ontario provided by phone or text (GOOD2TALKON to 686868).

**CALL:** 1-866-925-5454

## 6. [TRANS LIFELINE](#)

“Trans Lifeline’s Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you’re not in a crisis or if you’re not sure you’re trans.”

“No non-consensual active rescue (calling 911, emergency services, or law enforcement)”

**CALL:** 877-330-6366

**NOTE:** The hotline is in high demand and you may not get through on your first try. [Tips for what to do if you can’t get through on the hotline.](#)

### Indigenous Specific Crisis Lines:

## 7. [ANISHNAWBE 24/7](#)

Indigenous clients – 24/7 Mental Health Crisis Management Service: call 1 (855) 242-3310

## 8. [HOPE FOR WELLNESS HELPLINE](#)

Follow the link to chat online, **OR**

**Call:** 1-855-242-3310

“Available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online ‘chat’ 24 hours a day, 7 days a week

Both telephone and online chat services are available in English and French. Telephone support is also available upon request in Cree, Anishinaabemowin, and Inuktitut (help in these languages is available only as speakers are available).

## 9. [TALK4HEALING](#)

We offer 24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario.

Our services are fully grounded in Indigenous culture, wisdom and tradition and are available in the following languages: Oji-Cree, Cree, Algonquin, Inuktitut, Mohawk, Oneida, Odawa, Potawatomi, Micmac, Black Foot, Anishinaabe, Moose Cree, Swampy Cree, and English.

**Talk:** Call us at 1-855-554-HEAL and live support will be there to listen, any time of day

**Text:** Simply send us a message to receive support anywhere

**Chat:** Click on our live chat option and start your session to begin your path to healing

## SUPPORTS FOR RACIALIZED PEOPLE:

### 1. [ACROSS BOUNDARIES](#)

“Across Boundaries provides equitable, inclusive and holistic mental health and addiction services for racialized people across the Greater Toronto Area. Across Boundaries acknowledges the impact of racism and anti-Black-racism on mental health. We believe in empowering individuals to take control of their health in their healing journeys.”

**Programs and Services Integrate:** individual support, psychiatric consultation, addiction and wellness services, counselling, alternative and complementary therapies, art therapy, creative expressions, skills building, digital programming, support groups, community kitchen, social and recreational activities, and community partnerships.

**Languages** (in addition to English): Caribbean Dialects, Shona, Amharic, Harare, Xhosa, Tsonga, Afrikaans, Swahili, Somali, Twi, Dari, Pashto, Farsi (Persian), Punjabi, Hindi, Urdu, Bengali, Mandarin.

[Link to Free Programs](#)

[Link to Services](#)

### 2. [TAIBU COMMUNITY HEALTH SERVICES](#)

TAIBU Community Health Centre (CHC) is a multidisciplinary, non-for-profit, community led organization established to serve the Black Community across the Greater Toronto Area as its priority population.

**COUNSELLING SERVICES:** “Our services address a wide variety of issues spanning from trauma (sexual and physical), depression, mental health, anxiety, low self esteem and/or societal stressors relating to the **Social Determinants of Health** (racism, poverty, housing, employment, family issues, etc.). The Social Worker/Therapist works from an **anti-oppressive framework** which encompasses both teaching and learning from clients about the different forms of oppression that occur simultaneously in their lives on a day-to-day basis. Our therapeutic model involves an integrative process involving Cognitive Behavioral Approach, Narrative Therapy, and therapy from a Recovery Model of Care.”

[Online appointment booking](#) for various health services including Mental Health Assessments

### 3. [GENERATION CHOSEN](#)

“Our program caters to the needs of racialized, marginalized and disenfranchised inner-city youth by focussing on 4 key areas [mental health, emotional intelligence, education, civic engagement], which we believe, fundamentally catalyze holistic human development.”

**REMEDY:** “5 free sessions, for a prospective enrollee, with a racialized therapist. In addition, the program consists of the opportunity to partake in 3 free group therapy sessions with a trained MSW, CBT trained specialist, and/or Emotional Intelligence expert, speak with an ICF Certified Life Coach, and engage with a stylist to revamp one's outward appearance.”

**NAVIGATION:** “focusses on equipping youth and young adults with the skills, thought patterns, and understandings necessary to become economically self-sufficient, thrive educationally, and acquire gainful employment. By focussing on Financial Literacy (investing, mechanics of starting a for-profit or non-profit business, home ownership etc.), Credit recovery/Tutoring, and Job preparedness we ensure that youth and young adults are prepared to take their rightful places in the economies of the 21st century.”

**CATHARSIS:** “geared towards providing youth and young adults with the necessary soft skills to navigate their way through adverse emotional disturbances and their interpersonal relationships that are fraught with psycho-social tensions.”

**GEN FEM:** “a program that focusses on issues unique to racialized women. Activities, discussions, and excursions are developed around the areas of mental health, emotional intelligence, and financial literacy, and relationships (both with oneself and others).”

**CIVIC ANCHOR:** “designed to foster a young person's understanding of, and employability within, areas of work pertaining to municipal, provincial, and/or federal politics. Activities, discussions, and excursions are designed to prepare a young person for opportunities that exist at every level of our democracy with a focus on advocating for sustainable and socially equitable futures.”

### 4. [WANASAH](#)

“Wanasah is a new non-profit mental health agency created to address the urgent mental health needs of Black youth and their families in Regent Park and neighbouring areas, in downtown Toronto. We are a space where Black youth and their families recognize themselves. **Our programs and services are FREE for residents of Regent Park and neighbouring areas.**”

“We provide counselling, case management and crisis supports to Black youth aged 12 to 25 and their families living in Toronto’s Regent Park. Our services incorporate an anti-racist, anti-Black racism and anti-oppression framework that integrates principles of intersectionality.”



**SERVICES INCLUDE:** 1-on-1 therapy/counselling, Grief counselling, Short Term Mental Health Case Management, Service Navigation and Referral, and Youth Wellness and Therapeutic Groups.

## 5. [HONG FOOK MENTAL HEALTH ASSOCIATION](#)

“ethno-cultural community mental health agency with a consolidated culturally competent team serving Asian and other communities in the Greater Toronto Area. Hong Fook provides a continuum of mental health services covering the spectrum from “promoting wellness” to “managing illness” in Cambodian, Chinese (Cantonese and Mandarin), Korean, Vietnamese and English.”

**SERVICES:** Ontario Structured Psychotherapy (free Cognitive Behavioural Therapy based counselling); Intake (caller or referrer will be directed to appropriate resources and support to address the identified needs); Case Management (aims to connect a client and his/her family with a Case Manager who strives to understand the individual’s specific needs, reinforce collaborations with community resources, and ultimately, help our client and his/her family to walk through the recovery journey); Support within Housing; Group Psychotherapy (time limited group program for the Chinese community to improve access to psychoeducation and group psychotherapy); family support; peer support programs; youth and family services (aim to promote the resiliency of East Asian youth (ages 12-29) and their family members and caregivers. Our programs are developed and delivered under four goals, which are (1) enhancing youth emotional and social competency, (2) strengthening families, (3) cultivating leadership, social connectedness and mutual aids, and (4) raising mental health awareness and facilitating service navigation.)

## SUPPORTS FOR INDIGENOUS PEOPLE:

### 1. [NATIVE CHILD AND FAMILY SERVICES OF TORONTO](#)

**Call:** 416-969-8510, ext. 3290 (Available 24/7)

“Native Child and Family Services of Toronto (NCFST) is a multi-service urban Aboriginal agency providing holistic, culture-based programs and services for Aboriginal children and families. NCFST strives to provide a life of quality, well-being, healing, and self-determination for children and families in the Toronto urban Aboriginal community. We do this by implementing a service model that is culture-based and respects the values of Aboriginal people, the extended family and the right to self-determination.

Established in 1986, by Elders, knowledge keepers, grassroots leaders, and community members, NCFST has been supporting Aboriginal children and families in Toronto for more than three decades. In 2004 NCFST was directed by the Aboriginal community to accept a child welfare mandate to decolonize Aboriginal child welfare in the City of Toronto. NCFST continues to do this work through the integration of holistic, culturally-based prevention services that are child centered, family focused, and community driven.”

[CLINICAL SERVICES](#): “Clinical Services is a combination of Aboriginal approaches to healing and clinical practices such as individual and family counselling, group work, and case management.”

[Mdewgaan Lodge \(Medicine Lodge\)](#): “an urban residential Healing Lodge for Indigenous women with their young children and pregnant women who are interested in moving forward on their wellness journeys. The Lodge provides a healing space for women and families who have experienced the impacts of intergenerational and complex trauma, including addictions and mental health concerns. The program supports keeping families together through culturally connected pre and post natal support, parenting and coping skills development for lifelong wellness.”

## 2. [ANISHNAWBE HEALTH TORONTO](#)

Offers many health services for Indigenous people, including mental health services.

“Mental Health Services offer a multi-disciplinary approach to care including counselling services with the option of traditional counsellors or mental health counsellors, as well as psychiatry, psychology and case management. All services are offered in-person, virtually or over the phone. We use a long-term case management model to provide support which considers the spiritual, mental, emotional, and physical needs of every individual.”

Mental Health Services Include: Traditional Healing & Ceremonies, Psychiatrists, Psychologist, Mental Health Counselling, Traditional Counselling, Traditional Family Counselling, Couple’s Counselling, Supportive & Advocacy Work.

[Anishnawbe 24/7](#) (Indigenous clients) –

24/7 Mental Health Crisis Management Service: **call** 1 (855) 242-3310

## SUPPORTS FOR LGBTQ+ PEOPLE

### 1. [LGBTQ YOUTHLINE](#)

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

**TEXT LINE:** 647-694-4275

“At YouthLine, all our HelpLine volunteers are trained peer supporters aged 16-29, coming from a diversity of 2SLGBTQ+ identities and lived experiences. We serve all of Ontario.

We’re not counsellors, we’re peers who can relate, and we have been trained in active listening and relevant knowledge such as anti-oppression, anti-racism, sex and consent, STIs, HIV, self-care, and more.”

[More Resources for LGBTQ people](#) supported by Youthline

## SUPPORTS FOR WOMEN AND GENDER DIVERSE PEOPLE:

### 1. [BARBRA SCHLIFER CLINIC](#)

“The Barbra Schlifer Commemorative Clinic offers legal, counselling and interpretation services to marginalized and racialized populations of women who have survived violence.”

“The Counselling department provides brief and long-term counselling, trauma-informed expressive arts programming, oversees the intake of clients requesting services and operates an effective transitional housing and support services.

Our team of counsellors come from a range of backgrounds and have helped women (self identified), non-binary, intersex, and Two Spirit people from many diverse communities in many kinds of situations.”

**Services:** Individual Counselling (may be a waiting list), Group Counselling, transitional and housing support, and free legal services.

**Languages:** language interpretation or sign language interpretation available if English is not your first language

## ADDICTIONS

### 1. [BREAKAWAY](#)

“Our mission is to provide seamless, comprehensive and effective harm reduction services and a full range of addictions treatment services that are amenable to an individual’s needs and goals. Our services are offered through community-based facilities with a focus on street and community outreach ... Breakaway has always operated on a “non-abstinence” basis, emphasizing instead the treatment of all aspects of our client’s lives and situations. In the last 15 years this approach has become known as harm reduction and forms the philosophical basis for all our work.”

**Services:** Harm Reduction Counselling and Support (people 25 and older who use drugs and who can not afford to pay for services); Family & Youth Initiative Program (an outpatient program developed to meet the needs of youth, aged 12 to 25, and their family members and friends who are struggling with substance use concerns); Grief, Loss, and Wellness Services for frontline workers, community-facing management and coordinators, and community supporters who have been impacted by the trauma and overwhelming loss of the overdose crisis; Pieces To Pathways (a peer-led initiative offering substance use support program for LGBTQIA2S+ youth ages 16-29); Toronto Opiate Support Team; satellite opioid treatment; Through Ruff Times (pet care for people with pets who may experience poverty, homelessness, mental health and substance use, violent living conditions and/or any other self-identified challenges).

## 2. [OVERDOSE PREVENTION LINE](#)

CALL: 1-888-853-8352

Connect with a peer who can stay on the line with you as you use drugs.

## EATING DISORDERS

### 1. [SHEENA'S PLACE](#)

CALL: 416-927-8900

Supports individuals, families and friends affected by eating disorders to overcome barriers and provide effective, community-based services at all stages of recovery.

### 2. [NATIONAL EATING DISORDER INFORMATION CENTRE](#)

CALL: 416-340-4156

Provides information, resources, referrals and support to Canadians affected by eating disorders. Telephone and [online support](#) available.

## FOOD INSECURITY

### 1. [DAILY BREAD FOODBANK](#)

“Clients looking to access free, nutritious, and culturally appropriate foods. No ID is required for a single person to access food, but please note that with over 100 Daily Bread member food banks operating in Toronto, every program is a little different – some may require an appointment or have certain eligibility criteria like geographic catchment areas.”

### 2. [THE AYA PROJECT](#)

“The AYA Project by the Black Coalition for AIDS Prevention (Black CAP) distributes food aid packages to low-income African, Caribbean & Black (ACB) households in Toronto. Each package has a combination of basic food items that are culturally specific and can sustain a household for up to two weeks.”

The [Black Coalition for AIDS Prevention](#) (Black CAP) also offers counselling, settlement, practical and peer support, employment, housing and social support services for individuals who are who are living with or affected by HIV or AIDS.

# RESOURCES AVAILABLE THROUGH UNIVERSITY OF TORONTO: COUNSELLING SUPPORTS

## 1. [U OF T TELUS HEALTH STUDENT SUPPORT](#) (My SSP)

24/7 Support via phone or chat.

“U of T Telus Health Student Support provides students with real-time and/or appointment-based confidential, 24-hour support for any school, health, or general life concern at no cost to you. You can call or chat with a counsellor directly from your phone whenever, wherever you are.”

“You can access U of T Telus Health Student Support (formerly U of T My SSP) 24/7 by calling **1-844-451-9700**. Outside of North America, call 001-416-380-6578.”

“Ongoing support is available over the phone in 146 languages. Immediate support is available over the phone in 35 languages and over chat in simplified Chinese, English, French and Spanish.”

Download the Telus Health Student Support app: [Apple App Store](#) | [Google Play](#)

## 2. [GRADUATE WELLNESS COUNSELLING](#)

“The University of Toronto offers brief counselling services either in-person (appointment only), by telephone, or video conferencing tailored to the challenges presented by graduate-level university life. The focus of counselling is on identifying strengths, acquiring resiliency, and building coping skills.”

**APPOINTMENT BOOKING:** “If you’re a registered full- or part-time graduate student, call the [Health & Wellness Centre \(UTSG\)](#) at [\(416\) 978-8030](#) (**press 5**) and **indicate your interest in receiving counselling as a graduate student**. Your initial appointment will include an assessment by a professional, and you will be directed to the service that is right for you.”

“Not based on St. George campus? Both U of T Scarborough and U of T Mississauga offer wellness counselling services:”

- [Health & Wellness Centre \(UTSC\)](#)
- [Health & Counselling Centre \(UTM\)](#)

## MENTAL HEALTH WORKSHOPS

### 1. Mental Health and Wellness Workshops

“These are workshops facilitated by health care professionals and health promotion staff on various topics and themes that include mindfulness, sleep, coping with anxiety, skill-building, overall wellness and more.”

- Workshops at [UTSG](#)
- Workshops at [UTM](#)
- Workshops at [UTSC](#)

### 2. Peer-Led Wellness Workshops

“Our wellness student teams are dedicated undergraduate and graduate Work Study and volunteer students who provide peer health and wellness education workshops on various topics relevant to students to make healthier choices and informed decisions related to their overall wellbeing.”

- [View UTSG HEALTHYU CREW](#)
- [View UTM PEERS SUPPORTING PEERS](#)
- [View UTSC WELLNESS TALKS @ HOME](#)

## SAFETY RESOURCES:

### 1. CAMPUS WALKING ESCORT SERVICE

Walking or traveling alone between University buildings, parking lots and transit stops near campus? Get a free escort:

- UTSG: [416-978-SAFE](#) (7233)
- UTM Work Alone / WalkSafer: [905-828-5200](#)
- UTSC Patrol: [416-287-702](#)

### 2. [COMMUNITY SAFETY OFFICE \(CSO\)](#):

Can provide support on personal safety issues such as stalking and harassment, bullying, and workplace conflict: [416-978-1485](#)

### 3. CAMPUS SAFETY:

- St. George Campus Safety [416-978-2222](#)
- Mississauga Campus Safety [905-569-4333](#)
- Scarborough Campus Safety [416-978-2222](#)

## OTHER UofT WELLNESS RESOURCES:

### 1. STUDENT [MENTAL HEALTH PORTAL](#)

This link takes you to the UofT website that details many different resources you have access to as a student. Some of those resources are included in this document, but many more are also available.

### 2. [ANTI-RACISM AND CULTURAL DIVERSITY OFFICE](#)

This office plays many roles, including “addressing concerns of harassment and discrimination (direct and systemic) based on race, ancestry, place of origin, colour, ethnic origin, citizenship and creed in accordance with the University’s Statement on Prohibited Discrimination and Discriminatory Harassment. Students, staff and faculty can access the Anti-Racism and Cultural Diversity Office to raise a concern. Resolution supports can include consultations and referrals.”

### 3. SUPPORT FOR INTERNATIONAL STUDENTS

“Receive support with transitioning to a new campus, city and country. International students can speak to a transition advisor and learn more about resources and services, ways to connect, and how to adjust to campus life.”

- [View UTSG](#)
- [View UTM](#)
- [View UTSC](#)

## SELF-CARE RESOURCES:

### 1. FREE MEDITATION RESOURCES

- a. **Insight Timer:** Free app with a variety of meditations and mediation courses to try. Almost all content is free, but there is a paid option for some features like offline listening.

[Android App Link](#)

[Apple App Link](#)

- b. **UCLA Mindfulness App:** A mindfulness app created by the University of California, Los Angeles' Mindful Awareness Research Centre. Completely free, the app offers basic meditation in 14 Different languages, specific mediations for individuals dealing with certain health challenges like chronic pain, videos to explain the science of meditation and good meditation postures to try, and a mediation timer.

[Android App Link](#)

[Apple App Link](#)

- c. **Calm App:** Some free content but some features require subscription. Provides a variety of resources for practicing meditation, as well as improving sleep and relaxation.

[Android App Link](#)

[Apple App Link](#)

### 2. FREE GROUNDING EXERCISES

- a. **Canadian Mental Health Association- Wellington Waterloo Branch** [Grounding Exercises PDF](#) (also included in grounding exercises sheet provided)

### 3. FREE YOGA CLASSES

- a. [Yoga with Kassandra:](#) Free Vinyasa and Yin yoga classes on YouTube for all experience levels.
- b. [Yoga with Adrienne:](#) Free yoga on YouTube including yoga foundations series for beginners.

## OTHER MENTAL HEALTH SERVICES:

### 1. [Family Service Toronto](#)

"Fees are charged on a sliding scale, based on total household income before tax and family size. Fees for counselling services range from \$10 to \$150 per hour. Group fees range from \$10 to \$105 per group session, with some programs charging a flat fee for a specific service.

No one is denied service because of an inability to pay. Talk to the FST staff person you will be working with and they will determine how much we will ask you to pay. We may ask you to provide us with proof of expenses if your fee is going to be reduced."



“We assist individuals and families through our counselling, community engagement and public education programs, and advocacy work”

Family Service Toronto offers a range of services including single session walk-in and telephone counselling services, and various skills and de-stress workshops.

## 2. Ontario Psychological Association

[Find a Psychologist](#): Use this search tool to find a psychologist or psychological associate in Ontario. It allows you to filter psychologists by location, Area of Concern, area of practice, theoretical orientation, language, gender, serviced age group, availability of virtual services, and sliding scale fees.

[Fact Sheets on Common Problems & Treatments](#)

[What to expect when seeing a Psychological Professional](#)

## 3. Progress Place

“Progress Place is a recovery centre for people living with mental illness such as Schizophrenia, Bipolar, Depression and Anxiety. Combining a comprehensive network of services that includes employment, education, recreation and housing, our innovative approach to psychosocial rehabilitation is progressive and world-renowned. Mental illness need not be an obstacle to fulfilling one’s dreams. We are committed to helping people stay out of hospitals, achieve their personal goals and contribute to the communities they live in.”

[Warmline](#): 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. Warm Line offers support 7 days a week from 3 pm to midnight, a time when most other community mental health services are closed.

Chat Online: [www.warmline.ca](http://www.warmline.ca)

Text: (647) 557-5882

Between 3pm - 7pm: **Call** 1-888-768-2488

Between 3pm – Midnight: **Call** 416-960-WARM (9276)