

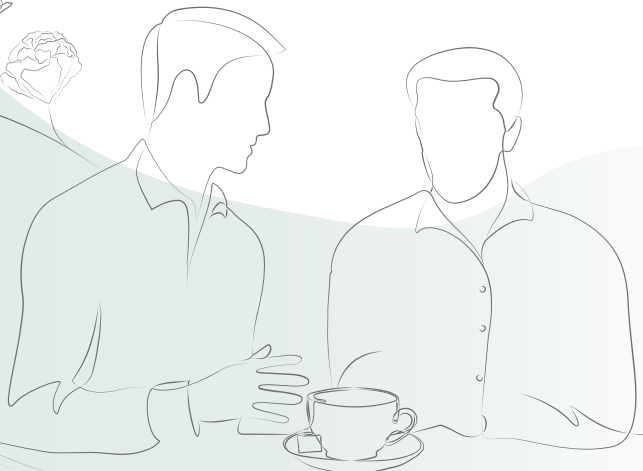


Innis College

Guide to Wellness Resources

On-Campus Edition

Read me for health and wellness resources within the University of Toronto (St. George Campus).



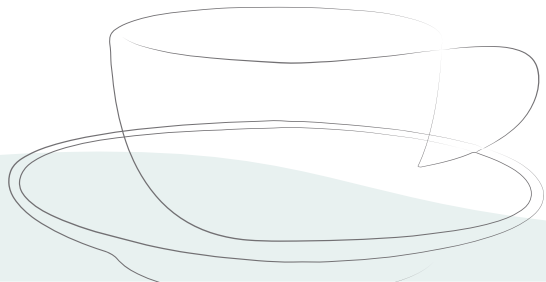
Important to Know

The University of Toronto offers a wide range of services and programs related to health and wellness to support student needs. These include workshops, one on one counselling, peer support, groups, and more. This guide is non-exhaustive, as there are always new programs and resources being created.

The services and resources listed in this guide are accessible to all full-time or part-time University of Toronto undergraduate or graduate students who have paid the appropriate incidental fees.

Just a Reminder:

Many of the services listed in this guide have shifted back to in-person delivery. If you prefer virtual appointments, make sure to ask your chosen program/service if they offer online options.





How Do I Know What's Right for Me?

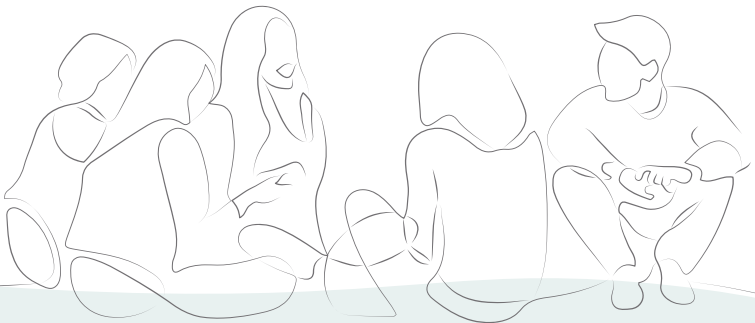
Sometimes it can be overwhelming to know where to start or continue your health and wellness journey, especially with so many different options available within the University. Rest assured that no matter where you start, it is always possible to get connected to another service if your needs are not being fully met. The next few resources are just a few of the easily accessible services.

Peer Support

Peer supporters are student peers with training in a variety of mental health situations. Although peer supporters are not certified to perform therapy, they can be very helpful if you are looking for someone who will listen, provide support, and guide you toward resources and next steps.

Peer Support Service

The Peer Support Service offered by Health & Wellness provides one-on-one support to talk about whatever is on your mind. It is a drop-in, non-judgmental, and confidential space. Currently available on Wednesdays, Thursdays and Fridays between 11:00am - 4:00pm. No need to book in advance!





Counselling

Counselling is performed by a mental health professional who is certified and regulated in their field. This can include psychiatrists, psychologists, registered psychotherapists and registered social workers. They can help by assessing and treating your mental health condition/s.

Health & Wellness Centre

Call 416-978-8030 (Monday – Friday, 9:00a.m. – 4:30 p.m.) to book an appointment. The Health & Wellness Centre will request the completion of an intake form, and can then help you connect with a counsellor.

OISE Psychology Clinic

The OISE Psychology Clinic provides assessment and therapy services for emotional, interpersonal, and academic concerns, provided by graduate students under the supervision of psychologists and registered psychotherapists. To book an appointment, call 416-978-0654.

Other Services

Mindfulness Events

Mindfulness events, lead by the Mindful Moments team take place every day of the week and include yoga, guided meditations, and healing sessions. These events are facilitated from a secular perspective and aim to help you relax, focus your attention and improve your mood.

Community Safety Office

The Community Safety Office provides support and assistance to students who have experienced personal safety concerns including stalking, harassment, bullying, threats, intimate partner violence, family violence, and more. The Office provides consultations, provides training in self- defense, and educates the community on safety concerns.

Additional Services

U of T has offices dedicated to specific student experiences – as noted earlier, new services are always being created! Some commonly requested ones include:

- Allergy care
- Anti-Racism & Cultural Diversity Office
- Accessibility for Ontarians With Disabilities Act Office
- Family Care Office
- Food/nutrition consultation & education
- Indigenous Student Services / First Nations House
- Multi-Faith Centre for Spiritual Study & Practice
- Sexual & Gender Diversity Office
- Sexual Violence Prevention & Support Centre
- Sexual/reproductive health counselling and education



Additional Information

If you are still unsure what service is best for your needs, try Navi, a U of T mental health resource wayfinder or the U of T Mental Health Resource portal.

In distress or need to talk to someone immediately?

Telus Health Student Support:
Call 1-844-451-9700 or 001-416-380-6578 if you are outside of North America.

Good2Talk: Call 1-866-925-5454 or Text GOOD2TALKON to 686868.

For more contacts that address specific types of distress (academic, financial, housing, sexual assault, etc.) visit this website.

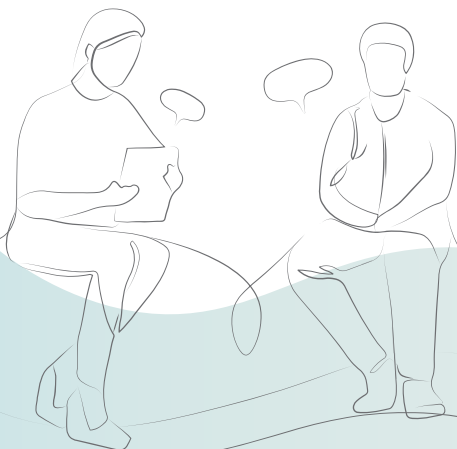
In case of an emergency, call emergency services at 911 (request ambulance for mental health), or go to your nearest hospital emergency room.

Looking for off-campus options?

Take a look at our Guide to Accessing Therapy (off-campus edition!)

Have questions?

Our Innis College Assistant Dean, Community Wellness, Daina Zweig can help at daina.zweig@utoronto.ca



INNIS
COMMUNITY
WELLNESS

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