

Mental Health Contacts

URGENT (24/7)

Gerstein Centre Mental Health Crisis Helpline

- 416-929-5200
- <http://gersteincentre.org/>
- Provides mental health crisis support, strategies for addressing immediate problems, and connections to ongoing support.

Good2Talk Helpline

- 1-866-925-5454
- <https://good2talk.ca/>
- Provides professional counselling and referrals for mental health, addictions and students' well-being.

Toronto Distress Centres

- 416- 408-4357
- www.torontodistresscentre.com
- Provides crisis/emotional support and suicide prevention/intervention.

Drug & Alcohol Helpline

- 1-800-565-8603
- www.ementalhealth.ca/9861
- Provides confidential and free information about drug and alcohol addiction services in Ontario.

Toronto Rape Crisis Centre

- 416-597-8808
- <https://trccmwar.ca/>
- Provides survivors of sexual violence with support, education and activism.

Travel Safer

- 416-978-7233
- <http://campuspolice.utoronto.ca/travelsafer-2/>
- Provides a safe alternative to walking alone at night as student staff working in pairs will escort you anywhere on campus or to a subway station.

Mental Health Contacts

DROP-IN

Health & Wellness Centre

- 416-978-8030
- Business Hours
- www.studentlife.utoronto.ca/hwc
- Provides confidential mental and physical health services.

Academic Success

- 416-978-7970
- Business Hours
- www.studentlife.utoronto.ca/asc
- Provides support navigating the university, building academic skills, staying focused and organized.

Graduate Conflict Resolution Centre

- Email: gradcrc@utoronto.ca
- By appointment only
- <http://gradcrc.utoronto.ca/>
- Provides an opportunity for students or postdoctoral fellows to speak to trained G2G Peer Advisors (G2G=grad-to-grad) about options and strategies for addressing their concerns.

What's up Walk-in

- No appointment needed
- Business Hours
- <http://www.whatsupwalkin.ca/>
- Provides mental health counselling for children, young adults and their families.

Community Safety Office

- 416-978-1485
- Business Hours
- www.communitysafety.utoronto.ca
- Provides support to students, staff and faculty members who have personal safety concerns.

Anishnawbe Health Toronto Mental Health Crisis Line

- 416-360-0486
- Business hours
- www.aht.ca
- Provides health and wellbeing support by Anishnawbe Health Toronto traditional healers, Elders and health professionals.

Sexual Assault & Domestic Violence Care Centres

- 416-323-6040
- Business Hours
- <http://www.womenscollegehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre/>
- Provides service to women, men and Trans people who are victims/survivors of sexual assault and domestic/intimate partner violence.