Mental Health Contacts

**URGENT (24/7)**

**Gerstein Centre Mental Health Crisis Helpline**
- 416-929-5200
- [http://gersteincentre.org/](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/](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](http://www.torontodistresscentre.com)
- Provides crisis/emotional support and suicide prevention/intervention.

**Drug & Alcohol Helpline**
- 1-800-565-8603
- [www.ementalhealth.ca/9861](http://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/](https://trccmwar.ca/)
- Provides survivors of sexual violence with support, education and activism.

**Travel Safer**
- 416-978-7233
- [http://campuspolice.utoronto.ca/travelsafer-2/](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](http://www.studentlife.utoronto.ca/hwc)
- Provides confidential mental and physical health services.

**Academic Success**
- 416-978-7970
- Business Hours
- [www.studentlife.utoronto.ca/asc](http://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/](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/](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](http://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](http://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
- Provides service to women, men and Trans people who are victims/survivors of sexual assault and domestic/intimate partner violence.