

# Wellness Resources

You don't have to manage life's challenges alone. Here are some free, confidential resources to support your wellness.



<b>Campus Resources</b>	<b>Same-Day Counselling</b> Monday to Friday, 9am – 4:30pm <b>Health &amp; Wellness Centre</b> 416-978-8030 <a href="#">A list of wellness resources</a>	<b>Academic Skill Building &amp; Prep</b> Monday to Friday, 9am – 5pm <b>Academic Success Centre</b> 416-978-7970 <a href="#">A list of academic resources</a>
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**TALK TO  
SOMEONE  
RIGHT  
NOW**

## 24/7 Emergency Counselling Services

### On Campus

**U of T My Student Support Program**  
 (My SSP in 146 languages) | 416-380-6578 or 1-844-451-9700

**Good2Talk Student Helpline** | 1-866-925-5454

Chat with Navi: **Your mental health wayfinder** - Online

### 24/7 Emergency Safety Contacts

**University Campus Safety** 416-978-2222

<b>Off-Campus Resources: 24/7 Services</b>	<a href="#"><u>Assaulted Women's Helpline</u></a> 416-863-0511	<a href="#"><u>Black Youth Helpline</u></a> 416-285-9944	<a href="#"><u>ConnexOntario</u></a> 1-866-531-2600 Text "CONNEX" to 247247	<a href="#"><u>Crisis Support Peel Dufferin</u></a> 905-278-9036 1-888-811-2222
	<a href="#"><u>Distress Centres of Greater Toronto</u></a> 416-408-4357	<a href="#"><u>Hope for Wellness</u></a> (Indigenous service) 1-855-242-3310	<a href="#"><u>Scarborough Health Network Crisis Support</u></a> 416-495-2891	<a href="#"><u>Toronto Rape Crisis Centre</u></a> 416-597-8808
	<a href="#"><u>Across Boundaries</u></a> (Racialized/people of colour) (416) 787-3007	<a href="#"><u>Al and Malka Artists' Health Centre</u></a> 416-603-5263	<a href="#"><u>Anishnawbe Health Toronto</u></a> (Indigenous service) 416-920-2605	<a href="#"><u>Gerstein Crisis Centre Line</u></a> 416-929-5200
	<a href="#"><u>BounceBack Ontario</u></a> 1-866-345-0224	<a href="#"><u>Centre for Addiction and Mental Health</u></a> 416-535-8501, press 2	<a href="#"><u>Chayn</u></a> (Online supports for survivors of gender-based violence)	<a href="#"><u>LGBT Youthline</u></a> (2SLGBTQ+ peer support) 1-800-268-9688 Text: 647-694-4275
	<a href="#"><u>LOFT Transitional Age Youth Program</u></a> 416-979-1994	<a href="#"><u>Jewish Family and Child Service</u></a> 416-638-7800	<a href="#"><u>Scarborough Women's Centre</u></a> 416-439-7111	<a href="#"><u>Sherbourne Health</u></a> 416-324-4109
	<a href="#"><u>Stella's Place</u></a> (Ages 16-29) 416-461-2345	<a href="#"><u>WoodGreen Counselling</u></a> 416-645-6000 ext.1990	<a href="#"><u>Women's Health in Women's Hands</u></a> 416-593-7655	<a href="#"><u>YWCA Breakthrough</u></a> (arts-based support for women survivors of harm)