EASY ACCESS TO MENTAL HEALTH SUPPORT

You’re unique and your mental health support is, too. Whether you want to work on your own, with a peer or a clinician – or any combination of the three – Health & Wellness is here for you. We can also help you adjust your care and navigate your options. We offer a variety of resources and levels of support to meet you where you are, and to help you move forward on the path that’s right for you.

PERSONALIZE YOUR WELLNESS JOURNEY

**Access** mental health information, education and opportunities to learn independently.  
(Navi, Mental Health website, U of T My SSP, Health & Wellness videos and learning modules)

**Meet with** trained students who have had experiences and concerns similar to yours.  
(Peer Support Service, Community Support Groups, Grief Sharing Circle)

**If you need** support outside of what Health & Wellness offers, we can help connect you to resources in the community.

**Meet with a** clinician to discuss concerns, learn about resources and develop treatment plans. Same-day appointments are available.

**Learn new skills** that help maintain or improve your health or build on skills you already have.

**Connect with** other students, and learn new skills and coping strategies in safe, supportive spaces.

**uoft.me/mentalhealthcare**