

# Feeling distressed?

Life is complicated and doesn't always go as planned. If you are in distress, we can connect you to the help you need.

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### **Mental health distress contacts during university hours 9 a.m. – 5 p.m.**

#### [St. George Health & Wellness Centre](#)

Confidential mental health and physical health services provided by an interdisciplinary team of health professionals.

Call 416-978-8030.

#### [UTM Health & Counselling Centre](#)

The Health & Counselling Centre is staffed by a team of knowledgeable, dedicated and student-friendly health professionals that provide health care to the UTM student body.

Call 905-828-5255.

#### [UTSC Health & Wellness Centre](#)

Offers convenient and confidential health care, counselling and health promotion services for all registered students at UTSC.  
Call 416-287-7065.

## **Mental health distress contacts 24/7 emergency on campus**

Call 911 in situations requiring immediate police, fire, or medical response to preserve life or property. To ensure prompt service, contact Campus Police after calling 911.

### **University Campus Police**

- Call 416-978-2222 on the [St. George](#) campus.
- Call 905-569-4333 on the [UTM](#) campus.
- Call 416-978-2222 on the [UTSC](#) campus.

### **Living in residence?**

Contact residence life professional staff and/or your Dean of Students.

## **Mental health distress contacts in the community**

### [Anishnawbe Health Toronto Mental Health Crisis Line](#)

Improves health and well-being with Anishnawbe Health Toronto traditional healers, Elders and medicine people, and other health professionals. Call 416-360-0486 or 416-920-2605 during business hours.

### [Assaulted Women's Helpline](#)

Offers a 24-hour telephone and TTY crisis line to all women who have experienced abuse. Call 416-863-0511 or TTY/ATS 416-364-8762.

### [Black Youth Helpline](#)

Responds to the need for a Black youth specific service and promotes access to professional, culturally appropriate support for youth, families and schools. Call 1-833-294-8650 every day from 9 a.m. – 10 p.m.

### [ConnexOntario Helpline](#)

Support and treatment services for people experiencing problems with gambling, drugs, alcohol and/or mental health. Call 1-866-531-2600

### [Distress Centres](#)

Provides crisis and emotional support and suicide prevention, intervention and postvention services to individuals in our community. Call 416-408-4357.

[Gerstein Centre Crisis Line](#) Provides mental health crisis support, strategies for addressing immediate problems and connections to services offering ongoing support. Call 416-929-5200.

### [LGBTQ Youthline](#)

Confidential, non-judgmental and informed LGTBTTQQ2SI peer support. Call 1-800-268-9688.

### [Spectra Helpline](#)

Spectra Helpline is a 24/7 Helpline providing confidential crisis and suicide intervention and emotional support. Text and chat options are also available. Multi-lingual helplines are available Monday to Friday, 10:00 a.m. to 10:00 p.m. in eight languages: Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu. Call 905-459-7777.

### [Toronto Rape Crisis Centre](#)

A grassroots, women and non-binary run collective working towards a violence-free world by providing anti-oppressive, feminist peer support to survivors of sexual violence through support, education and activism. Call 416-597-8808.

### [24.7 Crisis Support Peel Dufferin](#)

Community crisis service offering supports to adults 16 and older experiencing a mental health or addictions crisis; individuals having difficulties coping; and family, caregivers, and friends needing support. Call 905-278-9036 or 1-888-811-2222 in Caledon and Dufferin.

## **Apps and other mental health resources**

### [Big White Wall](#)

An online chat-based mental health and well-being service offering self-help programs, creative outlets and a community that cares.

### [BounceBack Ontario](#)

A free skills-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety. Call 1-866-345-0224.

## **Academic distress support and guidance during university hours 9 a.m. – 5p.m.**

### *St. George campus*

- [Academic Success](#) Call 416-978-7970.
- [Accessibility Services](#) Call 416-978-8060.

- Your Registrar: [Undergraduate and professional faculty students](#)
- Graduate students should contact their Graduate Coordinator or [SGS Student Services](#).

### *UTM campus*

- Robert Gillespie [Academic Skills Centre Call 905-828-3858](#).
- [AccessABILITY Resource Centre](#) Call 905-569-4699.
- [Undergraduate Registrar](#) Call 905-828-5399.
- [Office of Health Professions Student Affairs](#) Office of Health Professions Student Affairs (OHPSA) Call 416-978-2764.
- Graduate students should contact their Graduate Co-ordinator or [SGS Student Services](#).

### *UTSC campus*

- [Academic Advising and Study Skills](#) Call 416-287-7561.
- [AccessABILITY Services](#) Call Tel/TTY 416-287-7560.
- [Your Registrar](#) Call 416-287-7001.
- Graduate students should contact their Graduate Co-ordinator or [SGS Student Services](#).

## **Financial distress due to unexpected circumstances during university hours 9 a.m. – 5 p.m.**

If you are experiencing financial difficulties due to unexpected circumstances beyond your control, contact your faculty or college registrar. If you are a graduate student, contact your graduate department.

## **Housing distress due to a temporary housing crisis**

### *St. George campus*

- [Housing](#) Call 416-978-8045 ext. 0.
- [Campus Police](#) 24/7 Call 416-978-2323 if you do not have a place to stay for the night and it is after university hours.
- [Community Safety Office](#) Call 416-978-1485 or Campus Police after university office hours if you are fleeing an abusive situation.

## UTM

- [Student Housing](#) Call 905-828-5286 if you are facing a temporary housing crisis.
- [Campus Police](#) 24/7 Call 905-828-5200 if you do not have a place to stay for the night and it is after university hours.
- [Community Safety Office](#) Call 416-978-1485 or Campus Police after university office hours if you are fleeing an abusive situation.

## UTSC

- [Student Housing](#) Call 416-287-7365 if you are facing a temporary housing crisis.

## Sexual assault/safety

### *24/7 emergency on-campus*

#### **University Campus Police**

- Call 416-978-2222 on the [St. George](#) campus.
- Call 905-569-4333 on the [UTM](#) campus.
- Call 416-978-2222 on the [UTSC](#) campus.

Living in residence? Contact residence life professional staff and/or your Dean of Students.

### *24/7 emergency off-campus*

- [Assaulted Women's Helpline](#) Call 416-863-0511 or TTY/ATS 416-364-8762.
- [Toronto Rape Crisis Centre](#) Call 416-597-8808.
- York Region Women's Sexual Assault Helpline Call 905-895-7313.
- [Hostel Services, Central Intake](#) Call 416-397-5637.
- [Ontario Victim Support Line](#) Call 416-314-2447.
- [Peel Rape Crisis Centre](#) Call 905-273-9442.

### *Sexual assault/safety on-campus resources*

- [U of T Sexual Violence Prevention & Support Centre](#) for all U of T services, programs and resources related to sexual violence, sexual assault and sexual harassment. Call 416-978-2266 or visit [safety.utoronto.ca](http://safety.utoronto.ca).
- [Community Safety Office](#) Call 416-978-1485.

- [St. George Health & Wellness](#) Call 416-978-8030.
- [UTM Health & Counselling Centre](#) Call 905-828-5255.
- [UTSC Health & Wellness Centre](#) Call 416-287-7065.

## **Sexual assault and safety off-campus treatment centres**

### *Downtown Toronto*

[Women's College Hospital](#) All services are provided by registered nurses. The services include but are not limited to:

- Crisis support
- Assessment and documentation and of injuries/assault history
- Testing and treatment for sexually transmitted infections
- Emergency contraceptive options
- Testing for drugs that may have been used to commit the assault
- Assessment of risk and safety planning
- Referral to community resources

If the victim chooses to involve the police, the hospital will carefully collect and document the necessary evidence for release and analysis.

Call 416-323-6040 or visit 76 Grenville Street, Toronto, ON. The clinic is located on the first floor in the Acute Ambulatory Care Unit, Room 1256.

### *Mississauga*

#### [Sexual Assault and Domestic Violence Services located at Trillium Health Centre](#)

Clients may access this 24-hour, 7-day a week service through the Emergency Department. A specially trained nurse provides one-on-one care including assessment, treatment, documentation of injuries (may include photographing), safety planning, emotional support and information concerning medical, legal and counselling options. This process takes place in the safety and security of a private unit separate from the Emergency Department.

Call 905-848-7493 or visit 100 Queensway West, Mississauga, ON.

### *Scarborough*

### [Sexual Assault and Domestic Violence Care Centre \(SA/DVCC\) at The Scarborough Hospital](#)

Offers care 24 hours a day to men, women and transgender individuals who have been sexually assaulted or experienced intimate partner violence.

Call 416-495-2555 or TTY: 416-498-6739. Visit 3030 Birchmount Road, Scarborough, ON.

## **Equity offices and communities of care on campus during university hours 9 a.m. – 5 p.m.**

- [St. George Health & Wellness Centre](#) Confidential mental health and physical health services provided by an interdisciplinary team of health professionals. Call 416-978-8030.
- [UTM Health & Counselling Centre](#) Offers a team of knowledgeable, dedicated and student-friendly health professionals that provide health care to the UTM student body. Call 905-828-5255.
- [UTSC Health & Wellness Centre](#) Offers convenient and confidential health care, counselling and health promotion services for all registered students at UTSC. Call 416-287-7065.
- [Anti-Racism & Cultural Diversity Office](#) Provides assistance and manages confidential concerns and complaints of discrimination and/or harassment based on race, ancestry, place of origin, colour, ethnic origin, citizenship and/or creed. Call 416-978-1259
- University Campus Police (non-emergency)
  - o Call 416-978-2323 on the [St. George](#) campus.
  - o Call 905-828-5200 on the [UTM](#) campus.
  - o Call 416-287-7398 on the [UTSC](#) campus.
- [Centre for International Experience](#) A diverse community of international students coming to U of T and domestic students looking to go abroad. Call 416-978-256.
- [Community Safety Office](#) Responds to students, staff, and faculty members of the University of Toronto community who have personal safety concerns. Call 416-978-1485.
- [Family Care Office](#) Provides confidential guidance, resources, referrals, educational programming and advocacy for the University of Toronto community and their families. Call 416-978-0951.
- [Graduate Conflict Resolution Centre](#) Supports the University of Toronto graduate community in taking steps to prevent, manage or resolve conflict. Call 416-978-8920.

- [Indigenous Student Services](#) First Nations House provides culturally relevant services to Indigenous students in support of academic success, personal growth and leadership development. Call 416-978-1893.
- [Multi-Faith Centre](#) Supports the spiritual well-being of students, staff and faculty and to increases our understanding of and respect for religious beliefs and practices. Call 416-946-3120.
- [Sexual & Gender Diversity Office](#) Develops partnerships to build supportive learning and working communities at the University of Toronto by working towards equity and challenging discrimination. Call 416-946-5624.
- [Sexual Violence Prevention & Support Centre](#) The Centre facilitates access to support, services and accommodations for students, staff and faculty members who have experienced sexual violence. Call 416-978-2266.