

Mental Health Directory

The University of Toronto Students' Union is committed to providing health and wellness resources for members of our community. We have compiled a directory of mental health resources available on campus and in Toronto.

As a student at the University of Toronto, you're covered by extended health insurance. The Health and Dental plan can reimburse members for a portion of their visits to a mental health practitioner. Visit Health and Dental (<https://www.utsu.ca/health/>) to learn what services are covered or to get started.

CRISIS & EMERGENCY

If you are in crisis, please go to a local hospital, call 9-1-1 or contact a Distress Centre.

Distress Centres of Greater Toronto: (24/7/365) 416-408-HELP (4357)
<https://www.dcoqt.com/>

Canada Suicide Prevention Service (CSPS): (24/7/365) 1-833-456-4566
<https://www.crisisservicescanada.ca/en/>
CSPS Text: 45645 (Available daily: 4pm-12am)

HOSPITAL EMERGENCY DEPARTMENTS (NEAR UTSG CAMPUS)

CAMH Centre of Addiction and Mental Health: (250 College Street) 416-586-8501
<http://www.camh.ca/>

Mount Sinai Hospital: (600 University Ave) 416-586-4800

Toronto General: (190 Elizabeth St; Corner of Elizabeth & Gerrard) 416-340-3111

Toronto Western: (399 Bathurst St; Enter from Dundas St) 416-603-2581

LIST OF RESOURCES

This collection of resources includes contact information for major helplines, and support on the St. George Campus (UTSG) and across the city. If you are struggling or know someone who is, please consider seeking support.

HEALTH & COUNSELLING SERVICES

Health & Wellness Centre: (UTSG Campus; 214 College St, 2nd Floor) 416-978-8030
<https://studentlife.utoronto.ca/department/health-wellness/>

OISE Psychology Clinic: (UTSG Campus; 252 Bloor St W, Ste 7-296) 416-978-0620

<https://psa.psych.utoronto.ca/oise-psychology-clinic/>

LinkMentalHealth: (Find a Counselor online) linkmentalhealth.com

PsyVitaliti: (Psychologists on the Studentcare Network) 1-844-337-2473 x 0
<https://psyvitaliti.ca/>

MENTAL HEALTH HELPLINES

Gerstein Centre Mental Health Crisis Line: 416-929-5200

Good2Talk Helpline: (For Students, 24/7/365): 1-866-925-5454
Good2Talk Textline: GOOD2TALKON to 686868

Drug & Alcohol Helpline: (24/7) 1-800-565-8603

My Student Support Program (My SSP): (UTSG Campus) 1-844-451-9700

Ontario Mental Health Helpline: 1-866-531-2600

National Eating Disorder Information Centre: 1-866-633-4220 or The NEDIC helpline
(1-866-NEDIC-20 and 416-340-4156)

Senior Crisis Access Line: 416-619-5001

WALK-IN COUNSELLING

There are walk-in or virtual drop-in services around Toronto who offer one-on-one counselling. Make sure to call or check each Agency's website to confirm their hours of operation and other details.

Family Services Toronto: (355 Church St; familyservicetoronto.org) 416-595-9618

Skylark Walk-in Clinic: (65 Wellesley St E, Unit 500; skylarkyouth.ca) 416-482-0081

Stella's Place: (18 Camden St; stellasplace.ca) 416-461-2345

Woodgreen: (815 Danforth Ave, 2nd Floor; woodgreen.org) 416-645-6000 x 1990

INDIGENOUS-SPECIFIC RESOURCES

Anishnawbe Health Mental Health Crisis Line: 416-891-8606

First Nations House: (UTSG Campus; 563 Spadina Ave, 3rd Floor) 416-978-8227
<https://studentlife.utoronto.ca/service/first-nations-house/>

First Nations and Inuit Hope for Wellness Helpline: (24/7) 1-855-242-3310

Talk4Healing Helpline: (For Indigenous women; Call or Text) 1-855-554-HEAL (4325)

JEWISH FAITH-SPECIFIC RESOURCES

Jewish Addiction Community Services (JACS): (jacstoronto.org) 416-638-0350

Jewish Family & Child Service: (4600 Bathurst St; jfandcs.com) 416-638-7800 x 6234

LGBTQ2+ RESOURCES

Lesbian, Gay, Bi & Trans Youthline: 1-800-268-9688

Rainbow Health Ontario: (rainbowhealthontario.ca) 416-324-4100

Sexual Gender and Diversity Office: (UTSG Campus, sgdo.utoronto.ca) 416-946-5624

The 519 Community Centre: (the519.org) 416-392-6874

The Centre for Women + Trans People: (UTSG Campus) 416-978-8201

<https://womenscentre.sa.utoronto.ca/>

Trans Lifeline: (For Trans/gender non-conforming folks) 1-877-330-6366

<https://www.translifeline.org/>

Umbrella Mental Health Network: (umha.ca) 647-687-6543

MUSLIM FAITH-SPECIFIC RESOURCES

Khalil Center Canada: (khalilcenter.com) 416-901-2244

Muslim Chaplaincy: (UTSG Campus; 75 Queen's Park Cr, Rm 016; mcuoft.com) 416-813-4099

Naseeha Helpline: (Daily 12pm-9pm; Naseeha.org) 1-866-627-3342

Naseeha Textline: (Mon-Fri Only) 1-866-627-3342

RACIALIZED COMMUNITY MENTAL-HEALTH RESOURCES

Across Boundaries: (51 Clarkson Ave; acrossboundaries.ca) 416-787-3007

Black, Indigenous & People of Colour Peer Support Group: (MDAO; 36 Eglinton Ave W, Unit 602) 416-486-8046

Black Youth Helpline: (Daily 9am-10pm) 1-833-294-8650

Canadian Centre for Victims of Torture: (194 Jarvis St, 2nd Floor, ccvt.org) 416-363-1066

Caribbean African Canadian Social Services Inc: (cafcan.org) 416-740-1056

Hong Fook Mental Health Association: (Languages spoken: Korean, Mandarin, Cantonese, Khmer, Vietnamese; hongfook.ca) 416-493-4242 x 0

Spectra Helpline: (Multi-lingual helplines available Mon-Fri, 10am-10pm in:

Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi & Urdu) 905-459-7777

Telecare: (Mandarin & Cantonese) 416-920-0497

Women's Health in Women's Hands: (2 Carlton St, Ste 500; Serving women from African, Black, Caribbean, Latin American & South Asian communities; whiwh.com) 416-593-7655

REFUGEE & NEWCOMER RESOURCES

Crossroads Refugee Health Centre: (77 Grenville St, 4th Floor): 416-323-6031
<https://www.womenscollegethospita.ca/care-programs/crossroads-clinic/>

Christie Refugee Health Centre: (43 Christie St; christiestreetc.com) 416-588-9277 x 28

CultureLink: (2340 Dundas St W, Ste 301; culturelink.ca) 416-588-6288 x 212

SEXUAL ASSAULT & VIOLENCE PREVENTION RESOURCES

Assaulted Women's Helpline: (awhl.org) 416-863-0511

Sexual Assault/Domestic Violence Care Centre: (24/7, Women's College Hospital 76 Grenville St; Note: If medical care is required-go to emergency department-they will connect you with the SADVCC team) 416-323-6040

Sexual Violence Prevention & Support Centre: (UTSG Campus, svpscentre.utoronto.ca) 416-978-2266

Support Services for Male Survivors of Sexual Abuse Program: 1-866-887-0015
https://www.attorneygeneral.jus.gov.on.ca/english/ovss/male_support_services/

Toronto Rape Crisis Centre: (24/7; trccmwar.ca) 416-597-8808

OTHER RESOURCES

Accessibility Services: (UTSG Campus) 416-978-8060
<https://studentlife.utoronto.ca/department/accessibility-services/>

Academic Success: (UTSG Campus; in cases of academic distress) 416-978-7970
<https://studentlife.utoronto.ca/department/academic-success/>

Anti-Racism & Cultural Diversity Office: (UTSG Campus): 416- 978-1259
<https://antiracism.utoronto.ca/>

Community Safety Office: (UTSG Campus) 416-978-1485
<https://www.communitysafety.utoronto.ca/>

Housing Distress: (City of Toronto-Emergency Shelters) 416-397-5637
<https://www.toronto.ca/community-people/housing-shelter/homeless-help/>

Housing Services: (UTSG Campus; 214 College St, Rm 150) 416-978-8045 x 0
<https://studentlife.utoronto.ca/department/housing/>