

OH HEY THERE.. WELCOME TO LET'S TALK GRAD WELLNESS!

THE STORY BEHIND OUR PLATFORM



Grad school is fun, but certainly challenging. It can be easy to prioritize everything other than whatever is needed to take care of ourselves.

To encourage us to think about and promote OUR wellness, we paired up with the IMSSA Wellness & Wellbeing committee and graduate students across the Faculty of Medicine to create a graduate wellness package.

This package aims to **prioritize your wellness** in three ways:

1. Connecting you with the **mental health & general wellness resources** on campus and beyond.
2. Incentivizing your **participation** in wellness events/initiatives on campus, using the ***Let's Talk Grad Wellness tracker***.
3. Helping you build **strong student-supervisor relationships** by helping both students and supervisors develop skills that contribute to their **wellness and a healthy lab environment**.

We hope that this platform helps you prioritize your wellness over anything else.

If you have further questions, concerns, or comments, please do not hesitate to contact us at **letstalkgradwellness@gmail.com**.

Here's to a wellness filled year! :)



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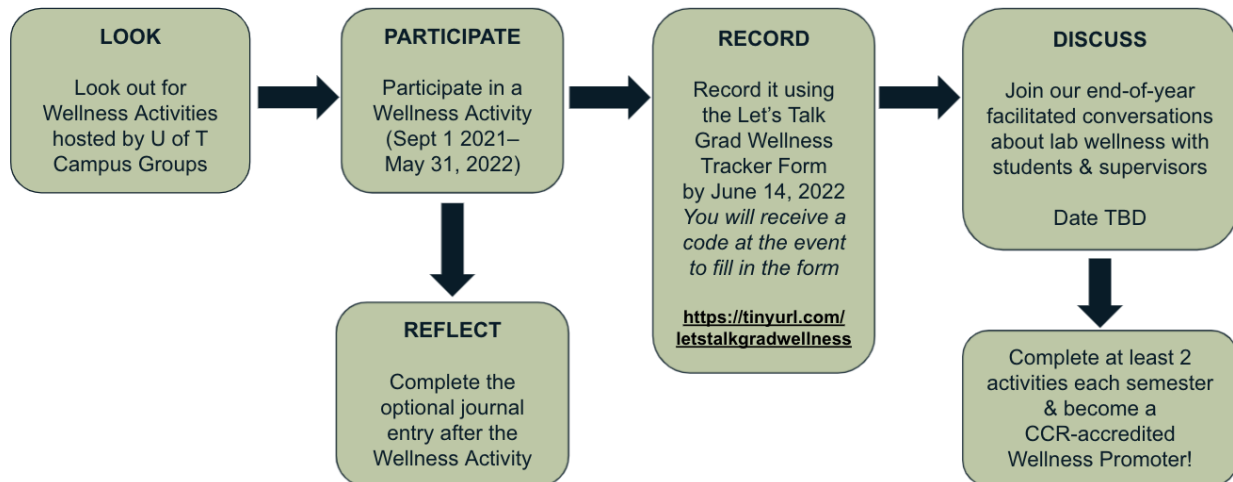
Want to earn credit for your participation in wellness initiatives on campus?

Become a **Graduate Wellness Promoter** with Let's Talk Grad Wellness!

What is 'Let's Talk Grad Wellness'? A new initiative supported by UofT's Graduate and Life Sciences Education (GLSE) to help you promote wellness in your lab. Receive credit for doing so on your co-curricular record!

The team: The Let's Talk Grad Wellness team consists of graduate student leaders across multiple departments in the Faculty of Medicine.

How does it work?



Some of the many on-campus hosts of Wellness Activities, Events & Workshops:



YOUR MENTAL HEALTH WAYFINDER

Have questions? We want to hear from you! letstalkgradwellness@gmail.com



MENTAL HEALTH & WELLNESS RESOURCE GUIDE



UPDATED: SEPTEMBER 2021



EMERGENCY SERVICES

**If someone or yourself are
at immediate risk, please
call 911**

CAMPUS POLICE

416-978-2222 | 100-21 Sussex Ave. Toronto

Provides programs on personal safety, protection of property, conflict resolution, maintenance of public order, community service and referral, crime prevention and detection.¹



QUICK-CLICK MENTAL HEALTH RESOURCES



**YOUR
MENTAL HEALTH
WAYFINDER**

Chat with a virtual agent to help navigate mental health resources on campus.



Professional counselling, information and referrals helpline for students.

1-866-925-5454

**Text GOOD2TALKON to
686868**



24/7 or appointment-based support available for registered U of T students. Immediate support in 35 languages.

1-844-451-9700

**001-416-380-6578
(OUTSIDE NORTH
AMERICA)**

Did you know?

You can talk to a **counsellor** in the Temerty Faculty of Medicine Health & Wellness Centre?

416-978-8030 (select option "5")

All students are enrolled in the **UTGSU Health and Dental Insurance plan**, which covers up to \$500 for psychotherapy.

If you are a TA, you are eligible for a top-up plan, which covers up to \$2500 for psychotherapy services. *Conditions apply, see here.*

CONFLICT RESOLUTION RESOURCES

UNIVERSITY RESOURCE	BACKGROUND & FUNCTION	CONTACT INFORMATION
GRADUATE COORDINATOR	Coordinators operate as first-line representatives for students. They can play an active role for the conflict resolution of a student.	Varies per department
DEPARTMENT CHAIR	Chairs operate as the next-line of representatives for students. They can orchestrate a clearer resolution as they have complete power over both student and supervisor.	Varies per department
UTGSU ADVOCATE	When students consider making an appeal, a professional advocacy consultation can be obtained from the Graduate Student Union representatives. They provide information, offer guidance through the policies and procedures regarding the appeal process, advise on possible solutions regarding particular situations, offer to make inquiries to obtain facts and keep confidential records of the student's case.	Gail Fernando UTGSU Membership and Advocacy Coordinator Phone: 416-946-8699 Email: membership@utgsu.ca
SGS	Students can make a more formal complaint to the school of graduate studies to the Vice Dean of students if the issue remains to be unresolved and if there is a continued problem.	Charmaine Williams – Vice-Dean, Students, School of Graduate Studies Tel: 416-978-5986 Fax: 416-971-2327 sgs.vdeanstudents@utoronto.ca
OFFICE OF THE OMBUDSPERSON	The office of the ombudsperson deals with issues from all campuses and faculties. The FoM has complex policies, procedures and working environments (ie. lab spaces etc.) and clarifying these for graduate students could be part of the embedded facilitator role and highlighted in codes of conduct guidelines. The current Ombud portfolio at the U of T is broad.	Make a formal request at: https://governingcouncil.utoronto.ca/contact-ombuds-office
SGS CENTRE FOR GRADUATE MENTORSHIP AND SUPERVISION	SGS is in the process of launching a new Centre for Graduate Mentorship and Supervision which will focus on promoting healthy, supportive and productive mentoring relationships to improve student experience, enhance mental wellness, and positively impact academic and career outcomes for graduate students, post-doctoral fellows and faculty members alike.	Launching Fall 2021 https://www.sgs.utoronto.ca/about/innovation-in-graduate-education/#section_2
COMING SOON		
SUPERVISOR SURVEY	Later this year, an anonymous supervisor survey will be deployed to do a check-in on your relationship with your PI. This will be an anonymized survey that releases aggregate information (at N=5) and comments to the Department chair. Comments that endanger your well-being are de-anonymized and handled by the Faculty of Medicine.	Will be sent to you annually in an email. Although completion of the survey will be optional, participation is very strongly encouraged.

EMERGING THEMES FROM CONVERSATIONS ON GRADUATE WELLNESS

This document summarizes the main themes that arose from conversations with current grad students at the inaugural Real Conversations collaboration with Let's Talk Grad Wellness.

A common thread in many conversations was the notion that **wellness is not linear**. It is important for students to view themselves as a **whole person** rather than as a degree, and to know that there is **no single correct path in the graduate school journey**. The recognition that progress and productivity will not always be at their peak everyday was brought up as helpful, and strategies to help address stress that may interrupt wellness were discussed.

Stress attenuation strategy examples:

- Physical activities (walking, biking etc.)
- Scheduling wellness breaks into the day
- Prioritize responsibilities
- Cooking
- Practicing mindfulness and meditation
- Social interaction

Building resilience:

- Maintaining wellness
- Notice when you may be fatigued and give yourself permission to take a break
- Build a community of support: peers, mentors etc.
- Find good mentors
- Seek help: peers, graduate coordinators, counsellors etc.

Dealing with rejection:

- **Contextualize** - it is part of academia
- **Recognize** - allow yourself to grieve losses and failures
- **Build** - move forward with positives, such as what was learned and can be applied in future

Barriers to success:

- Feeling inadequate, imposter syndrome
- Lack of social interaction, not able to meet labmates in person

Facilitators for success:

- Conversations about the barriers and how to manage them
- Tools such as checklists to help keep on track and visualize productivity
- Connecting with others

The **student-supervisor** relationship can benefit from open communication about expectations and an ongoing conversation about wellness throughout the graduate school journey. Wellness is multifaceted, and looks different to every person. It is an ongoing process, and so we need to check in on an ongoing-basis to evaluate whether or not further resources and strategies are needed to maintain wellness in every graduate student.

U OF T RESOURCES & SUPPORTS

24/7 SUPPORTS & DISTRESS LINES

GOOD2TALK STUDENT HELPLINE

1-866-925-5454 or Text GOOD2TALKON to 686868

Professional counselling, information and referrals helpline for mental health, addictions and students' wellbeing.¹

U OF T MY STUDENT SUPPORT PROGRAM

1-844-451-9700, 001-416-380-6578 (OUTSIDE NORTH AMERICA)

Confidential 24/7 or appointment-based support available for registered U of T students. Support is provided for life, school, or health concerns, with immediate support available in 35 languages and on-going support available in 146 languages.

The past is behind, learn from it. The future is ahead, prepare for it. The present is here, live it – T. Monson



MENTAL HEALTH RESOURCES

GRAD MINDS

Mental health advisory committee of UofT Graduate Students' Union (UTGSU). Provides workshops and a list of mental health resources for UofT grad students on their website.⁴

GRAD MINDS PEER SUPPORT

Provide supportive and confidential online space for University of Toronto graduate students, with peer supporters that help students in navigating resources.⁴

HEALTHY MINDS U OF T

A mental health advocacy and peer support group focused on providing a physical and mental space for discussion and activities relating to well-being on campus.²

NAVI MENTAL HEALTH WAYFINDER

Chat with a virtual agent to help navigate mental health resources on campus.

U OF T MENTAL HEALTH PORTAL

Find supports/services, build your own mental health tool kit, or view upcoming campus events related to mental health promotion.

I am still me, no matter my mental health.

- Niki McBain



UMATTER

A student-led initiative focused on increasing student mental well-being on campus. They partner with community organizations, professors, and other clubs to host workshops and de-stressor events for students and give students opportunities to explore and learn about their mental health.²

UOFTHRIVE

A tri-campus student collective dedicated to elevating student voices on mental health.²

Our greatest glory is not in never falling, but in rising every time we fall

- Confucius



COUNSELLING & PSYCHOTHERAPY

GRADUATE COUNSELLING SERVICES

416-978-8030 (Press 5)

Short-term counselling offered to graduate students by the Health & Wellness Centre and School of Graduate Studies.²

OISE PSYCHOLOGY CLINIC

416-978-0654 | 252 Bloor St. W. Toronto

Sliding scale psychotherapy is provided to individual adults by Counselling Psychology graduate students who are supervised by licensed Psychologists. The clinic is open from September through April. Low cost, with sliding scale.²

Did you know?

All students are enrolled in the **UTGSU Health and Dental Insurance plan, which covers up to \$500 for psychotherapy services.** See page 23 for community psychotherapy resources.

If you are a TA, you are eligible for a top-up plan, which covers up to \$2500 for psychotherapy services. Conditions apply, see here for more details.

Never stop believing in the power of your ideas, your imagination, your hard work to change the world. – Obama



HEALTH RESOURCES

HART HOUSE FITNESS

7 Hart House Circle

Offers gym hours, indoor, outdoor, and virtual group fitness classes for all tuition-paying UofT students

HEALTH & WELLNESS CENTRE

416-978-8030 | 2nd Floor, 214 College St. Toronto

Confidential mental health and physical health services provided by an interdisciplinary team of health professionals.¹

HEALTHY U CREW

A student-led team at the University of Toronto St. George campus dedicated to creating a healthier campus for all students. They use education, advocacy, and collaboration with campus and community partners to help support students in making healthier choices.²

MOVEU.HAPPYU

MoveU. is a tri-campus initiative at U of T that promotes healthy active living and improving student mental health. HappyU is a free, unique six-week virtual program that offers physical activity counselling and exercise training to reduce symptoms of stress, depression, and anxiety.²

If you take care of your mind, you take care of the world. - Ariana Huffington



SPORTS AND REC

Drop in programming for activities such as badminton, swimming, and table tennis.

U OF T SAFETY AND SUPPORT

Compilation of on- or near-campus resources for crises related to mental health, personal safety, or sexual violence/harassment.

#UTRAIN

Offers online and in-person fitness programs, classes, and sessions to U of T students (free).⁴

When you get tired, learn to rest, not quit – Banksy



WORKSHOPS & PROGRAMS

HEALTH AND WELLNESS WORKSHOPS

5 Ways to Wellbeing

Better Coping Skills

Building Positive Mental Health

Breathe Well Workshop

Connections Coaching
Workshop Series

Overcoming Your Inner Critic

Mindful Eating: Food and Mood

Kisîwâtisôwin: Self-Compassion
Workshop Series

Overcoming Imposter Syndrome

Managing Exam and Test Anxiety

Sleep Well Workshop

Protect Your Body While
Working At Home

MINDFUL MOMENTS

Daily drop-in meditations, yoga, and Tai Chi for focus, relaxation, and resilience.²

“IDENTIFY, ASSIST, REFER” TRAINING

Online training module that provides useful tools and strategies to help peers that are experiencing mental health problems.

*It's no use going back to yesterday, because I was a different person then – Lewis
Carrol Alice in Wonderland*



FINANCIAL RESOURCES

FINANCIAL SUPPORT AND FUNDING OPPORTUNITIES

Overview of Financial Support and Funding Opportunities for all U of T students.⁴

ONTARIO GOVERNMENT EMERGENCY ASSISTANCE

Short term financial support for residents in Ontario (not a visitor or tourist), who are in a crisis or emergency situation, and do not have enough money for things like food and housing.

ONTARIO STUDENT ASSISTANCE PROGRAM (OSAP)

A financial aid program that helps you pay for college or university through grants and student loans.⁴

SGS EMERGENCY GRANT

The SGS Emergency Grant program aims to assist registered, full-time graduate students who have encountered an unforeseen, urgent, and/or serious financial emergency during the course of their program. The Emergency Grant is not intended to replace or make up a shortfall in OSAP, other funding sources or serve as routine or long-term support, but aims to provide short-term, immediate relief during a financial crisis and/or unexpected expenses due to COVID-19.⁴

Success is not final, failure is not fatal: it is the courage to continue that counts.

- Winston Churchill



SGS EMERGENCY LOAN

The SGS Emergency Loan alleviates temporary cash flow problems for students who are expecting the release of funds in the near future (i.e., 30 to 120 days) from employment (U of T internal), a major award instalment, OSAP (Ontario Students' Assistance Program), teaching assistantship, or research assistantship payment, etc.⁴

UNIVERSITY OF TORONTO FINANCES

Overview of Finance-related information for all U of T students.⁴

OTHER CAMPUS RESOURCES

ACADEMIC SUCCESS

416-978-7979 | 150-214 College St. Toronto

Help with navigating the university, building academic skills, staying focused and organized and flourishing at U of T.¹

ACCESSIBILITY SERVICES

416-978-8060 | 400-455 Spadina Ave. Toronto

Confidential service helps students to navigate their disability and related barriers and provides peer support.¹

ANTI-RACISM & CULTURAL DIVERSITY OFFICE

416-978-1259 | 356-155 College St. Toronto

Provides assistance and managing confidential concerns and complaints of discrimination and/or harassment based on race, ancestry, place of origin, colour, ethnic origin, citizenship and/or creed.¹

CENTER FOR INTERNATIONAL EXPERIENCE

**416-978-2564 | 33 St. George Street Toronto, ON M5S 2E3
(Cumberland House)**

The Centre for International Experience is a meeting place for a diverse community of international students coming to U of T and domestic students looking to go abroad. They provide information on immigration, UHIP, exchange programs, safety abroad, travel scholarships, and more.

A person that never made a mistake never tried anything new. - Albert Einstein



COMMUNITY SAFETY OFFICE

416-978-1485 | 2nd Floor, 21 Sussex Ave. Toronto

Responds to students, staff, and faculty members of the University of Toronto community who have personal safety concerns.¹

FAMILY CARE OFFICE

416-978-0951 | 214 College Street, Main Floor, Room 103

Provides confidential guidance, resources, referrals, educational programming and advocacy for the University of Toronto community and their families.⁴

FIRST NATIONS HOUSE

416-978-8227, 1-800-810-8069 | 3rd Floor, 563 Spadina Ave. Toronto

First Nations House provides culturally relevant services to Indigenous students in support of academic success, personal growth and leadership development.¹

HILLEL UOFT

416.913.2428 x2 | 36 Harbord Street, Toronto

Hillel UofT provides social, cultural, and academic resources for Jewish students on campus.

MULTI-FAITH CENTRE

416-946-3120 | 569 Spadina Ave. Toronto

Supports the spiritual wellbeing of students, staff and faculty and increases our understanding of and respect for religious beliefs and practices.¹

OFFICE OF INCLUSION & DIVERSITY

medicine.inclusiondiversity@utoronto.ca

Promotes and fosters equity, diversity, and inclusion through innovative programming and open dialogue in collaboration within the Temerty Faculty of Medicine department, students, and faculty.

SEXUAL & GENDER DIVERSITY OFFICE

416-946-5624 | 416/417-21 Sussex Ave. Toronto

Develops partnerships to build supportive learning and working communities at the University of Toronto by working towards equity and challenging discrimination.¹

SEXUAL VIOLENCE PREVENTION & SUPPORT CENTRE

416-978-2266 | Room B139, Gerstein Library, St. George Campus

The Centre facilitates access to support, services and accommodations for students, staff and faculty members who have been affected by sexual violence or sexual harassment.¹

You are braver than you believe, and stronger than you seem, and smarter than you think – Christopher Robin



SGS RESOURCES & SUPPORTS

416-978-6614

Find out about various resources offered by U of T, including resources for academics, accessibility, health & wellness, Indigenous students, Black students, and more. **New resource** *The Center for Graduate Mentorship and Supervision can help you with resources to help you navigate the student-supervisor relationship.*

TRAVELSAFER

416-978-7233 | Available at all U of T Buildings & Abutting TTC Stations

Security Guard or Special Constable will meet you at your location. Student staff working in pairs (one male and one female) will escort you anywhere on campus or to a subway station.¹

Did you know?

You can find supports within communities at U of T including the myriad of student groups! [Find cultural community campus groups and other communities of students at ULife.](#)

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose – Dr. Seuss



COMMUNITY-BASED RESOURCES & SUPPORTS

24/7 SUPPORTS & DISTRESS LINES

ASSAULTED WOMEN'S HELPLINE

416-863-0511

Offers a 24-hour telephone and TTY crisis line to all women who have experienced abuse. Provides free, 24-hour, 7-day-a-week crisis counselling, emotional support, information, and referrals via telephone to women in up to 200 languages. Completely anonymous and confidential.¹

BLACK YOUTH HELPLINE

1-833-294-8650

Responds to the need for a Black youth specific service and promotes access to professional, culturally appropriate support for youth, families and schools. Call every day from 9 a.m. – 10 p.m.³

CAMH EMERGENCY DEPARTMENT

416-535-8501 (Press 2) | 1051 Queen St. W Toronto

Adults in need of emergency assessment and treatment with mental health and substance abuse issues. No referral required. Available 24 hours a day, 7 days per week.²

CANADA SUICIDE PREVENTION SERVICE

1-833-456-4566 or Text 45645

Offers free 24/7 highly trained responders to support to anyone worried about someone who may be having suicidal thoughts, or having suicidal thoughts themselves.

CONNEXONTARIO

1-866-531-2600

Provides Ontario health services info for people experiencing problems with alcohol and drugs, mental illness, and/or gambling. Confidential, free, 24-hour access.

DISTRESS CENTRES OF GREATER TORONTO

416-408-4357

Provides crisis, emotional support and suicide prevention + intervention + postvention services to individuals in our community via hotline, online chat, and text and some in-person individual and group support.¹

GERSTEIN CENTRE MENTAL HEALTH CRISIS LINE

416-929-5200, 416-929-9647 (TTY)

Provides mental health crisis support, strategies for addressing immediate problems, and connections to services offering ongoing support.¹

If not me, who? If not now, when? – Emma Watson



HOPE FOR WELLNESS HELPLINE

1-855-242-3310

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Available 24 hours a day, 7 days a week. Counsellors are also available through online chat. Phone and chat counselling are available in English, French, Cree, Ojibway, and Inuktitut.²

LGBT YOUTH LINE

1-800-268-9688, 647-694-4275

Confidential, nonjudgmental & informed LGBTTTQQ2SI peer support that affirms and supports the experiences of youth (29 and under) across Ontario via chat, text and email.¹

LIFELINE APP

The LifeLine App is a free Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis, and those who have suffered the devastating loss of a loved one from suicide, as well as for those struggling with any degree of anxiety or depression. The LifeLine App also provides awareness, education and prevention strategies to guide people in crisis. Available on Google Play and App Store.

NASSEHA HELPLINE FOR YOUNG MUSLIMS

1-866-627-3342

Provides a confidential helpline for young Muslims to receive immediate, anonymous, and confidential support over the phone from 12-9pm, 7 days a week and over text Monday to Friday.²

To be able to know how to get peace of mind, how to be happy, is something you don't just stumble across. You've got to search for it.



ONTARIO'S ONLINE & TEXT CRISIS & DISTRESS SERVICES (ONTX)

Text 258258

If you are not comfortable using the phone or would prefer to communicate with someone online or over text, ONTX is able to chat and text regarding distress, crisis, and suicidal thoughts. Text services are available from 2pm to 2am, 7 days a week at 258258. Online chat services are also available from 2pm to 2am, 7 days a week.²

ONTARIO PROBLEM GAMBLING HELPLINE

1-888-230-3505

Provides information about problem gambling counselling services in Ontario and online tools for gamblers or their friends and family. Free, 24-hour access.

ONTARIO VICTIM SUPPORT LINE

1-888-579-2888 or 416-314-2447

24/7 phone service or online chat service (Mon-Fri 7am-9pm ET) for victims of crime who need help or have questions.⁴

SCARBOROUGH HEALTH NETWORK COMMUNITY CRISIS PROGRAM

416-495-2891

Provides telephone crisis response and community mobile crisis visits to individuals over 16 years of age who are experiencing a mental health crisis in Scarborough and East York.²

You will bloom if you take time to water yourself. - Anonymous



SPECTRA HELPLINE

905-459-7777

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 (English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu).²

SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

The Lifeline provides 24/7, free, and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.²

TALK4HEALING

1-855-554-HEAL (4325)

A 24-hour helpline by Indigenous women for Indigenous women. Free and confidential, 14 Indigenous languages plus English and French. Call or text.²

TELEHEALTH ONTARIO

1-866-797-0000

Free, confidential telephone service for health-related advice and information. Call anytime to speak to a Registered Nurse. Does not provide diagnosis or prescriptions.

THE WARM LINE

416-960-WARM (9276) or Text 647-557-5882

A confidential and anonymous service for adults. Call, text, and online chat services are available every night from 8PM to Midnight Eastern Time.²

TORONTO RAPE CRISIS CENTER / MULTICULTURAL WOMEN AGAINST RAPE

416-597-8808

24/7 crisis line. They provide nonjudgmental peer support to survivors of sexual violence and to work toward the eradication of violence against women of all ages.

VICTIM SERVICES OF PEEL

905-568-1068

Provide assistance to people across Brampton and Mississauga who are victims of domestic abuse or traumatic events. Services include crisis intervention, counselling, and advocacy through community information sessions.

MENTAL HEALTH RESOURCES

BE SAFE

A mobile app to help young adults make decisions about seeking help in crises. Allows users to create a digital safety plan, informs users about local resources, directs users to the options for their needs, and empowers users to reach out safely.

BETTER HELP

Offers online access to professional counsellors and therapists.⁴

CANADIAN ASSOCIATION OF MENTAL HEALTH

Aims to promote and improve mental health in Canadian society. Offers national programming and events, policy and research.

CHECK UP FROM THE NECK UP

A simple mental health check-up to identify symptoms of common mood disorders. Provides general information on mood disorders and resources to help yourself, family members, or friends.

DEALING WITH DEPRESSION: A RESOURCE GUIDE

If you or someone you know is suffering from depression, it can be difficult to know where to turn. This resource guide contains a selection of some of the best websites, organizations, and other helpful resources available to anyone who has been diagnosed with or suspects they are suffering from depression.²

It is not your job to like me, it is mine. - Anonymous

EMENTALHEALTH.CA

Search engine for local mental health resources.

FIRST SESSION

A video directory of mental healthcare professionals in Toronto. Each therapist on First Session has been vetted, interviewed, and filmed to help you make the initial thumbs up or thumbs down in a matter of seconds, not hours.²

HEADSPACE

An app designed to help users incorporate mindfulness and meditation sessions into their daily lives.

HONG FOOK MENTAL HEALTH ASSOCIATION

416-493-4242 | 3rd Floor, 130 Dundas St. W. Toronto

Hong Fook Mental Health Association is the leading ethno-cultural community mental health agency with a consolidated culturally competent team in Ontario serving the Asian communities.²

LINKMENTALHEALTH

Connects people to diverse, private and public counseling in the Greater Toronto Area, regardless of what they can afford.²

MINDYOURMIND

Offers support and guidance for young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.²

It's no coincidence that four of the six letters in health is heal - Ed Northstrum



MIND BEACON

Free online resource that provides therapists for up to 20 online sessions.⁴

TOGETHERALL

An online community of members, who support, help each other and share what's troubling them in a safe and anonymous environment. The site is available 24 hours a day, 7 days a week, 365 days a year – no need to wait until morning, the next business day or for a doctor's appointment. You can find support simply by logging on.²

WORKPLACE STRATEGIES FOR MENTAL HEALTH: POST-SECONDARY STUDENT RESILIENCE

When they begin college or university, students may face significant stressors on their own for the first time. This resource can help them plan ahead so they are better able to cope with the personal and academic stressors they may encounter.²

COUNSELLING & PSYCHOTHERAPY

ACCESS CAMH

416-535-8501 ext. 2 | 100 Stokes St. Toronto

Provides centralized information, intake, and scheduling for most of CAMH's services. Access CAMH makes it easy for patients, families, friends, and healthcare professionals to find the help and services they need with a single phone call.²

BARBRA SCHLIFER COMMEMORATIVE CLINIC

416-323-9149 ext. 234 | 503-489 College St. Toronto

Barbra Schlifer offers no-cost group and individual counselling as well as legal and interpretation services to women who have experienced violence.²

CATHOLIC FAMILY SERVICES TORONTO

416-921-1165 (Central Toronto) or 416-222-0048 (North Toronto) | Various Locations

Catholic Family Service Toronto provides sliding scale individual, family, couple, and group therapy.²

CENTRE FOR INTERPERSONAL RELATIONSHIPS

1-855-779-2347 | 790 Bay St. Toronto

A team of psychologists, therapists, and counsellors offering a wide range of services for adults, couples, families, and groups.²

Give yourself permission to slow down. - Gabby Bernstein



FAMILY SERVICES TORONTO

416-595-0307 ext. 269 | 202-128A Sterling Rd. Toronto

Family Service Toronto provides free, immediate drop-in counselling for a wide range of concerns to individuals, families, and couples over 18 years of age on Wednesday evenings, opening at 3:00 PM, with the latest arrival at 6:15 PM. No appointment or referral is needed.²

GESTALT INSTITUTE OF TORONTO

416-964-9464 | 417 Parliament St. Toronto

Provides an opportunity to move through old issues, make changes, improve relationships, express creativity, decrease generalized fear and mistrust, and learn to have more fun.²

HARD FEELINGS

416-792-4393 | 848 Bloor St. W. Toronto

An innovative, welcoming community of professional counsellors who provide low-cost services and support. Their storefront sells carefully curated books and resources to help build and sustain stronger mental health.²

Often, it's the deepest pain which empowers you to grow into your highest self

- Karen Salmansohn



MENNONITE NEW LIFE CENTRE OF TORONTO

Various Locations

Many immigrants and refugees experience high levels of stress and trauma as a result of their migration and settlement experiences. In addition, they struggle to find help in their first language. The Mennonite New Life Centre of Toronto Mental Health Program mobilizes the skills of internationally trained mental health professionals to meet the emotional health needs of newcomers in Toronto.²

MOOD DISORDERS ASSOCIATION OF ONTARIO

416-486-8046 | 602-36 Eglinton Ave. W. Toronto

Free support and recovery programs to people across Ontario living with depression, anxiety or bipolar disorder. They provide drop-in peer support groups, recovery programs, family and youth clinical support, early intervention for mood disorders and psychosis and online tools focused on wellness and recovery.²

PSYCHOLOGY TODAY

An online directory of therapists all over Canada and the U.S.A., with information about their location, therapy type, experience, insurance coverage, etc.²

PSYCHOTHERAPY REFERRAL SERVICES

A referral service that, based on an intake interview, matches individuals with trained psychotherapists in Toronto.²

TORONTO NEW LIFE WELLNESS PLACE

647-340-5433 | 23-1122 Finch Ave. W. Toronto

Provides multicultural, multilingual therapeutic wellness services for people in the Greater Toronto Area needing mental health and wellness support.²

ONTARIO PSYCHOLOGICAL ASSOCIATION

Includes a referral service to link individuals with psychologists for treatment or assessment.²

WOODGREEN COMMUNITY SERVICES

416-645-6000 ext. 1100 or 1200 | 1st, Floor, 815 Danforth Ave.

Toronto

Free, immediate drop-in counselling on Tuesday and Wednesday evenings to address a wide range of concerns. They open at 4:00 PM, with the latest arrival at 6:45PM. No appointment or referral is needed. There are no restrictions to access.²

WHAT'S UP WALK-IN

Various Locations

Free Walk-In Mental Health Counselling. No fee. No appointment. No Health Card. Six Locations across Toronto. Immediate mental health counselling for children, youth, young adults and their families, and families with infants is available.²

You can't make decisions based on fear and the possibility of what might happen

- Michelle Obama



COMMUNITY HEALTH RESOURCES

211

A database of available community resources.

416 COMMUNITY SUPPORT FOR WOMEN

416-928-3334 | 416 Dundas St. E. Toronto

Daytime drop-in program for women looking to gain or give support while coping with isolation, addiction and/or mental health issues and other difficulties. It is open 8:30AM-4:30PM, 7 days a week. Basic services include daily breakfast (8:30-10:00 AM) and lunch (12:00-2:00 PM), weekly food bank, social/recreational programs and life skills training. The Centre also offers weekly medical clinics and mental health and addiction case management services on a daily basis.²

ANISHNAWBE HEALTH TORONTO

416-360-0486 | 225 Queen St. E. Toronto

Improves health & well-being with Anishnawbe Health Toronto traditional healers, Elders and medicine people, and other health professionals.¹

CENTRAL INTAKE FOR THE GTA

416-338-4766 or 1-877-338-3398

Comprehensive list of shelters with direct admission.²

You may have no idea what lies ahead, but you also have no idea just how strong you are – M. H. Nichols



SEXUAL ASSAULT & DOMESTIC VIOLENCE CARE CENTRE

416-323-6040 | 76 Grenville St. Toronto (Women's College Hospital)

A comprehensive service that assists women, men, and trans people who are victims/survivors of sexual assault and domestic/intimate partner violence. ¹

TELEHEALTH ONTARIO

1-866-797-0000

Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week. Assistance is available in more than 300 languages.

THE 519

416-392-6874 | 519 Church Street

LGBTQ2S-focused counselling services, resources and programming. ⁴

WORKSHOPS & PROGRAMS

BOUNCEBACK ONTARIO

1-866-345-0224

A free skill-building program managed by the Canadian Mental Health Association. It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.²

CAMH GAME CHANGERS

A mental health program designed to help young Canadians feel more comfortable talking about health, mental health, seeking help and supporting friends. Their tools have been co-created with CAMH's clinical and education team alongside youth ambassadors to ensure they reflect informed research with a youth perspective.²

Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle - Christian D. Larson



Reference Page

1. Health Promotion University of Toronto. (2018). *Resources for UTSG Students*. Identify, Assist, Refer. <https://iar.utoronto.ca/main/resources>
2. Grad Minds. (2020, October 13). *Mental Health Resources*. Grad Minds. <https://uploads.strikinglycdn.com/files/cf520ab6-ecec-4b1f-a60d-f8f3b17cf689/Grad%20Minds%20Resource%20Page.pdf>
3. Student Life University of Toronto. (2020 June 5). *Feeling Distressed?* <https://studentlife.utoronto.ca/wp-content/uploads/Feeling-distressed.pdf>
4. Graduate Peer Support Network. *Health and Wellness Resources*. <https://uoftgpsn.ca/resources/>



COMMENTS OR CONCERNS?

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