NEED SUPPORT? HERE’S WHERE TO GO FOR HELP

ON-CAMPUS SUPPORT – Business Hours Monday - Friday
• Mental Health Counselling – http://www.studentlife.utoronto.ca/hwc/services-offered#node-2039

• Health & Wellness Centre – 416.978.8030 – https://www.studentlife.utoronto.ca/hwc

• UofT Sexual Assault Helpline – 416.978.7800

• UofT Community Safety Office – 416.978.1485 – 21 Sussex Ave., 2nd floor, http://www.communitysafety.utoronto.ca/ - Provides information, support, links to appropriate services, crisis response, assistance in safety plans, self-defense workshops, and an interim room/family room for students seeking temporary housing after fleeing abusive situations.

OFF-CAMPUS SUPPORT
• Good2Talk (24 hr. student distress line) 866.925.5454 – http://www.good2talk.ca
  (Links to an external site.)

• Gerstein 24 Hr Mental Health Crisis - 929.5200

• Skylark – 416.482.0081 – https://www.skylarkyouth.org/

• Stella’s Place – 416.461.2345 – https://stellasplace.ca/

• Assaulted Women’s Helpline – 863.0511

ONLINE-RESOURCES
• My SSP (For International Students) – 844.451.9700
  http://www.studentlife.utoronto.ca/cie/myssp - Immediate counselling support in 35 languages, ongoing support in 146 languages.

NEW COLLEGE STUDENT LIFE
DROP-IN HOURS
2pm - 4pm
Student Life Office, New College – Wilson Lounge, 40 Willcocks St

• Thur Oct 10
• Tues Oct 15
• Thur Oct 24
• Tues Oct 29
• Tues Nov 12
• Thur Nov 21
• Tues Nov 26
• Thur Nov 28
• Tues Dec 3
• Thur Dec 5
• Tues Dec 10
• Thur Dec 12
• Thur Dec 17

VISIT WWW.STUDENTLIFE.UTORONTO.CA/FEELING-DISTRESSED FOR A COMPLETE LIST OF STUDENT RESOURCES