

# Mental Health Resources

## On-Campus Resources

- **Health & Wellness Centre**: They provide a range of health services for your physical and mental health, wellness programs and information to help support you in achieving your personal and academic goals. Please see a [list of mental health services](#) available for students.
- **Accessibility Services**: They assist in navigating disability-related barriers to your academic success at U of T for temporary and ongoing disabilities. Services and support are provided for learning, problem-solving and inclusion.
- **Discovery Pharmacy**: Discovery Pharmacy (DRx) provides the U of T community with prescription medication services, and a wide range of pharmacy and interdisciplinary health services. Students can receive individualized care by booking an appointment with them.
- **NAVI**: NAVI is an anonymous, virtual, chat-based mental health wayfinder and informational tool that can help you navigate U of T mental health resources and make decisions about seeking appropriate support.
- **Student Mental Health Web Portal**: This is a web portal to help students find mental health support at the University of Toronto. This website has a robust search and filter function that allows students to match their needs with the many types of support available through the University and its community partners.

## Other Mental Health Resources

- **U of T Telus Health Student Support**: Formally known as U of T My SSP, they provide students with real-time and/or appointment-based confidential, 24-hour support for any school, health, or general life concern at no cost to you. You can call or chat with a counsellor directly from your phone whenever, wherever you are. Immediate support is available in 35 languages over the phone and over chat in simplified Chinese, English, French and Spanish. Ongoing support is available to you over the phone in 146 languages.
- **Good2Talk Student Help Line**: Professional counseling, information and referrals helpline for mental health, addictions and students well-being. They provide free, confidential support services for post-secondary students in Ontario.

- **9-8-8 Suicide Crisis Helpline**: People across Canada can call and text 9-8-8, a new three-digit service, for help when they need it most. The service offers trauma-informed and culturally affirming support to anyone who is thinking of suicide, or who is worried about someone they know.
- **LGBT Youthline**: This is a Queer, Trans, Two-Spirit youth-led organization that affirms and supports the experiences of youth across Ontario. Text, live chat, email, and phone support are all available. These are trained peer supporters, not counselors. Students can call 1-800-268-9688 or text (647)-694-4275 for support.
- **What's Up Walk In**: The What's Up Walk-In (WUWI) network is Toronto's only free, six-day-a-week mental health counselling walk-in service for infants, children, youth, young adults, and families. Therapists offer walk-in, single, solution focused sessions. The clinics help with issues such as depression, anxiety, self-harm, suicidal ideation, sexual identity matters, bullying, behavioural concerns, addictions, and anything else that might be on one's mind.
- **Assaulted Women's Helpline**: They offer a 24-hour telephone and TTY crisis line to all women who have experienced abuse. They also provide counselling, emotional support, information and referrals. People across Canada can call free at 1-866-863-0511 or TTY 1866-863-7868.