

# Mental Health Resources - Handout

## Counselling

### **School of Graduate Studies Embedded Counsellors (Free with Health and Dental Plan)**

Book an appointment for counselling by walk in at 214 College Street, Room 111

Phone: 416-978-8030, Ext. 5. Note: Phone rarely answered, not ideal for appt. booking. May wait 30-60 min on hold.

### **OISE Psychology Clinic (\$25/session)**

Phone: 416-978-0620

Email: [oiseclinic@utoronto.ca](mailto:oiseclinic@utoronto.ca)

Location: 252 Bloor Street West, Suite 7-296

### **Free Walk-in Counselling Services**

List of locations found at: <https://www.utgsu.ca/insurance/walk-in-counselling/>

### **LinkMentalHealth.ca**

Free website to help you find a therapist in the GTA that meet your needs and that you can pay for with your student healthcare plan (up to \$500 coverage).

## Conflict or Challenges in Supervisor Relationship

### **Graduate Student Conflict Resolution Center**

Phone: 416-978-8920

Email: [gradcrc@utoronto.ca](mailto:gradcrc@utoronto.ca)

\*Sessions take place in many locations on campus

## Community Helplines – 24 hour access to anonymous mental health support

**Good 2 Talk:** 1-866-925-5454

**Distress Center Hotline:** 416-408-4357

**Suicide Prevention Hotline:** 1-800-273-8255

**Gerstein Center Crisis Line:** 416-929-5200

**Assaulted Women's Helpline:** 416-863-0511

## Online Mental Health Resources

### **UofT Graduate Wellness Portal – Info hub for wellness resources at UofT**

<http://www.sgs.utoronto.ca/currentstudents/Pages/wellness-portal.aspx>

### **eMentalHealth.ca**

**TranQool** – video-based counselling and therapy

<https://tranqool.com>

**Be Safe** – app for helping making decisions in crisis

<https://besafeapp.ca/>

**Headspace** – app for mindfulness and meditation

<https://www.headspace.com/>

**7 Cups** - Anxiety and Stress Chat

<https://www.7cups.com>