

# MBP MENTAL HEALTH RESOURCES LIST

*In crisis, visit the closest Emergency Room or call 911*

## Counselling

### **School of Graduate Studies Embedded Counsellors** (free)

Phone: 416-978-8030, Ext. 5.

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

*Note: Phone rarely answered; may be on hold for 30-60 minutes.*

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

Email: oiseclinic@utoronto.ca, Phone: 416-978-0620

Location: 252 Bloor Street West, Suite 7-296

**Free Walk-In Counselling Services:** List of locations at [www.utgsu.ca/insurance/walk-in-counselling/](http://www.utgsu.ca/insurance/walk-in-counselling/)

## Conflict or Challenges in Supervisor Relationship

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

Email: gradcrc@utoronto.ca, Phone: 416-978-8920

## Community Helplines: 24-hour access to anonymous support (unless otherwise noted)

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

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

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

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

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

**My SSP for International Students:** 1-844-451-9700

**Anishnawbe Health Mental Health Crisis Line for Aboriginal students:** 416-891-8606

**Drug and Alcohol Helpline:** 1-800-565-8603

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

**Ontario Problem Gambling Helpline:** 1-888-230-3505

**Sexual Assault & Domestic Violence Care Centre:** 416-323-6040

**Toronto Rape Crisis Centre:** 416-597-8808

**LGBTQ Youthline** (peer support, open Sun-Fri 4-9pm): 1-800-268-9688

## Online Mental Health Resources

**UTGSU Wellness Portal** ([uoft.me/wellnessportal](http://uoft.me/wellnessportal)): Information hub for wellness resources at U of T.

**U of T Safety & Support** ([safety.utoronto.ca](http://safety.utoronto.ca)): Compilation of on- or near-campus resources for crises.

**Identify, Assist, Refer Training** ([iar.utoronto.ca](http://iar.utoronto.ca)): Online training module to provide tools to help a friend.

**LinkMentalHealth.com** ([www.linkmentalhealth.com](http://www.linkmentalhealth.com)): Help to find local therapists specific to your needs.

**eMentalHealth.ca** (<https://www.ementalhealth.ca/>): Search engine for local mental health resources.

**TranQool** (<https://tranqool.com>): Video-based counselling and therapy.

**Be Safe** (<https://besafeapp.ca/>): App for creating a safety plan to prepare for a crisis.

**Headspace** (<https://www.headspace.com>): App to aid with mindfulness and meditation.