NEED TO TALK TO SOMEONE?

A variety of confidential Telephone Helplines are available for graduate students.

DISTRESS CENTRE HOTLINE
416-408-4357

SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

GOOD 2 TALK 1.866.925.5454
Post-Secondary Student Helpline

ASSAULTED WOMEN’S HELPLINE
416-863-0511

MEDICAL BIOPHYSICS
GRADUATE STUDENT ASSOCIATION

Medical Biophysics
UNIVERSITY OF TORONTO

Courtesy of the MBP Mental Health & Wellness Committee
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