

University of Toronto Mental Health Resource 多大校园心理健康资源汇总

Where you can find it? <https://studentlife.utoronto.ca/task/find-easy-access-to-mental-health-support/>

7/24 Emergency Counselling Service 紧急咨询服务

U of T My Students Support Program (My SSP)

- Phone number: 1-844-451-9700 (Outside of North American, please call 001-416-380-6578)
- 提供学生 24/7 实时 phone/chat 与专业且有经验的辅导顾问沟通的支持，以解决任何学校/健康或一般生活问题，同时不需要学生支付任何费用。除此以外，整个沟通过程以及谈话内容都有 keep.mSAFE 保护以确保和尊重信息隐私。该渠道通过电话提供了 146 种语言持续支持，其中提供 35 种语言的紧急电话支持，以及简体中文、英语、法语和西班牙语的聊天支持。
- 提供预约支持。可以与同一位辅导顾问通过电话或视频进行多次沟通
- 提供匿名健康评估，可以了解自身心理健康状况
- 可获得健康相关知识，包括文章、广播、信息图和视频等
- 开展线上健身活动
- 支持手机 app 和 web 形式

详情  <https://myssp.app/keepmesafe/ca/home>

Good2Talk Student Help

- Phone number: 1-866-925-5454 / Text GOOD2TALK to 686868 / Facebook Messenger
- 专业的咨询顾问为学生的心理健康或上瘾行为提供帮助

Mental Health Clinical Services

- Same day 咨询预约: Call Health & Wellness at 416-978-8030 (select option 5) 预约之前需填写信息表以保证留给咨询顾问时间准备
- On location counselling
- Evidence-based group therapy: 6-8 周的团体治疗过程，以改善焦虑或轻度抑郁情绪
- short term intensive counselling or psychotherapy: 调整和适应问题、焦虑、抑郁、自尊、人际关系或家庭问题、形象和饮食问题、性取向或性别认证等。
- 同时，也包括药物治疗或一系列精神科过渡期的门诊服务

详情  <https://studentlife.utoronto.ca/service/mental-health-clinical-services/>

如果处于直接、紧急风险，请拨打 911

Accessing mental health support through UHIP/OHIP

心理咨询服务 Counseling services

一对一心理咨询 (Individual counseling support)

和 mental health clinician 一对一的心理咨询，了解自己目前的心理状态和治疗方案

New patients :

- 需要带上T-card和UHIP/OHIP (electronic version available)
- 面向 currently registered full&part-time students
- 每次appointment是1小时 (same-day appointment available)
- 如何book appointment?

Call 416-978-8030 (Monday – Friday, 9 a.m. – 4:30 p.m.) to register

打电话book appointment之后，第一次咨询之前需要填写New Client Form (只需填一次) 让咨询师了解你的健康背景以及咨询需求

- 填写好之后就可以预约第一次咨询appointment了

Existing patients :

- 从第二次appointment开始可以直接打电话预约，按5号键转接Mental health care

Email for other inquires: info.hwc@utoronto.ca

网址链接：

Book appointment: <https://studentlife.utoronto.ca/task/book-appointments-and-view-lab-results-online/>

Info page: <https://studentlife.utoronto.ca/service/mental-health-clinical-services/>

Types of therapy offered:

1. Same-day counseling appointment
2. On-location counseling
3. Short-term intensive counseling or psychotherapy
4. Pharmacotherapy
5. Psychiatric care Group

therapies 小组治疗

- Evidence-based group therapy

自我引导支持 (Self-guided support)

独立获取心理健康相关信息，教育和机会

- Navi: 线上虚拟助手 (virtual assistant)
 - 快速找到校内心理健康相关资源
- UofT MySSP (My Student Support Program)
 - 给学生提供全球24小时的免费心理热线服务
 - 北美热线：844-451-9700/ 其他地区：001-416-380-6578
 - 有中文服务

- Download My SSP app in [the Apple Store](#) or [Google play](#)

网址链接：<https://mentalhealth.utoronto.ca/my-student-support-program/>

朋辈支持服务 (Peer support services)

匹配背景相似或有同样经历的经过专业培训过的学生，进行一对一的交流问答提供倾听，心理支持和连接相关资源

- 面对所有 undergraduate and graduate students
- 必须要在 Ontario 省内才可以接受服务
- 服务时间
 - Wednesdays from 11 a.m. – 4 p.m.
 - Thursdays from 11 a.m. – 4 p.m.
 - Fridays from 11 a.m. – 4 p.m.
- Virtual and In-person service available
 - Drop-in 之前需要在手机或电脑上签署保密协议 (confidentiality agreement)
 - Zoom Link: <https://zoom.us/j/92564303893>
 - In-person (预计2022年9月份回归): 位置在 Roberts Library Room 1152
 - 无需预约，直接敲门进就可以

For further inquires: peersupport@utoronto.ca

网址链接：<https://studentlife.utoronto.ca/service/peer-support/>

心理健康研习会 Mental wellness workshops

帮助学习提高心理健康的新技巧或者增强已有的技能

Find and register for workshops:

- 登陆 [CLNx](#) 账户后查看 the St. George campus Health & Wellness calendar
- 关注 Health & Wellness newsletter / student life social media
 - <https://studentlife.utoronto.ca/forms/health-wellness-newsletter-sign-up/>
 - <https://studentlife.utoronto.ca/department/health-wellness/>

- Join via Available links:
 - Wellness for mental health
 - [Breathe Well](#)
 - [Sleep Well](#)
 - [Building Positive Mental Health](#)
 - [5 Ways to Wellbeing](#)
 - [Better Coping Skills](#)
 - Mindfulness
 - [Mindful Eating](#)
 - [Mindful Moments](#)
 - Managing expectations
 - [Connections Coaching Workshop Series](#)
 - [Hacking Perfectionism](#)
 - [Managing Test & Exam Anxiety](#)
 - [Overcoming Imposter Syndrome](#)
 - [Overcoming Your Inner Critic](#)

网址链接：<https://studentlife.utoronto.ca/task/attend-a-health-wellness-workshops>

Community referrals

如果上述的mental health support都不能很好的帮到你，community referral 可以帮助有需要的学生找到校外的资源

St. George Health & Wellness Center

(Mental health distress contacts) – St. George

- Call 416-978-8030 (Monday to Friday, 9 A.M. – 5 P.M.)
- **On Campus: 416-978-2222 (24/7 emergency on-campus support)**

(Academic distress support and guidance)

- [Academic Success](#): Call **416-978-7970**.
- [Accessibility Services](#): Call **416-978-8060**.
- Your registrar: [Undergraduate and professional faculty students](#)
- Graduate students should contact their graduate coordinator or [SGS Student Services](#).

(Housing distress due to a temporary housing crisis)

- [Housing](#): Call **416-978-8045 ext. 0**.
- [Campus Safety Special Constable Service](#): Call **416-978-2323** if you do not have a place to stay for the night and it is after University hours. Available 24/7.
- [Community Safety Office](#): Call **416-978-1485** or Campus Safety Special Constable Service after University hours if you are fleeing an abusive situation.

Sexual assault/safety on-campus resources

- [U of T Sexual Violence Prevention & Support Centre](#) for all U of T services, programs and resources related to sexual violence, sexual assault and sexual harassment. Call **416-978-2266** or visit safety.utoronto.ca.
- [Community Safety Office](#): Call **416-978-1485**.
- [St. George Health & Wellness](#): Call **416-978-8030**.
- [UTM Health & Counselling Centre](#): Call **905-828-5255**.
- [UTSC Health & Wellness Centre](#): Call **416-287-7065**.

Equity office and communities of care on campus

[St. George Health & Wellness Centre](#): Confidential mental health and physical health services provided by an interdisciplinary team of health professionals. Call **416-978-8030**.

[Anti-Racism & Cultural Diversity Office](#): Provides assistance and manages confidential concerns and complaints of discrimination and/or harassment based on race, ancestry, place of origin, colour, ethnic origin, citizenship and/or creed. Call **416-978-1259**.

University Campus Safety (non-emergency): Call **416-978-2323**

[Centre for International Experience](#): A diverse community of international students coming to U of T and domestic students looking to go abroad. Call **416-978-2564**.

[Community Safety Office](#): Responds to students, staff, and faculty members of the University of Toronto community who have personal safety concerns. Call **416-978-1485**.

[Family Care Office](#): Provides confidential guidance, resources, referrals, educational programming and advocacy for the University of Toronto community and their families. Call **416-978-0951**.

[First Nations House/Indigenous Student Services](#): First Nations House provides culturally relevant services to Indigenous students in support of academic success, personal growth and leadership development. Call **416-978-1893**.

[Multi-Faith Centre](#): Supports the spiritual well-being of students, staff and faculty and to increase our understanding of and respect for religious beliefs and practices. Call **416-946-3120**.

[Sexual & Gender Diversity Office](#): Develops partnerships to build supportive learning and working communities at the University of Toronto by working towards equity and challenging discrimination. Call **416-946-5624**.

[Sexual Violence Prevention & Support Centre](#): The Centre facilitates access to support, services and accommodations for students, staff and faculty members who have experienced sexual violence. Call **416-978-2266**.

校外:

- Distress Centres of Greater Toronto: 416-408-HELP (4357)
- www.myicbt.com
- www.mindbeacon.com

(These websites offer personalized assessments and care for a range of mental wellness issues. Also, providing internet guided CBT (cognitive behavioural therapy) programs.)

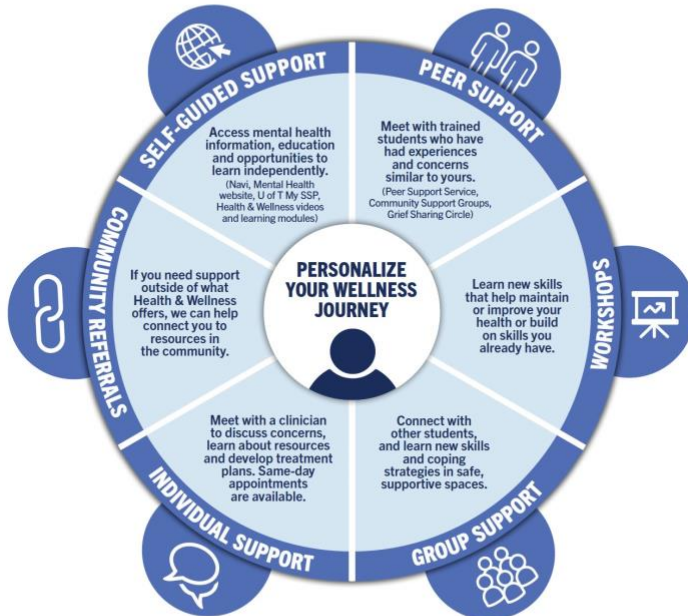
p.s. Sadly, Ohip coverage is required so this may not be for everyone but I really wanted to share this.

Note: Try to get a referral to see a psychiatrist at Health and Wellness from your family doctor. This is not guaranteed but if your referral is accepted, you'll be able to get an appointment probably within 2 weeks of them accepting the referral. They have the ability to work with you clinically (ie diagnosis and medication), medication like an antidepressant may help. If you're a full time student and your student union in UTSU, your student insurance covers 20 sessions of therapy for \$125 each every policy year (basically a full school year). The insurance plan has also established a partnership with a therapy clinic called Psyvitaliti (Here is Psyvitaliti: <https://psyvitaliti.ca/>) that has certified psychologists/psychotherapists who offer their services at preferred rates. Here's more info on the student psychology network: http://studentcare.ca/rte/en/IHaveAPlan_UTSU_Health_HealthCoverage_HealthPractitioners_Psychologists

- Here are some community resources that are free (either because they're public or community supported). The places offer a variety of services that could help.
- Stella's Place -> <https://stellasplace.ca/>
- Davenport-Perth Neighborhood Community Centre
- CAMH Services (They have lots of groups you can request your doctor refer you to - might be a long waiting list)
- Youthlink - walk-in counselling
- What's Up Walk In counselling: <http://www.whatsupwalkin.ca/>
- ConnexOntario

EASY ACCESS TO MENTAL HEALTH SUPPORT

You're unique and your mental health support is, too. Whether you want to work on your own, with a peer or a clinician – or any combination of the three – Health & Wellness is here for you. We can also help you adjust your care and navigate your options. We offer a variety of resources and levels of support to meet you where you are, and to help you move forward on the path that's right for you.



STUDENT LIFE | Health & Wellness

uoft.me/mentalhealthcare