

# UTM Mental Health Resources

## [UTM Health & Counselling Centre](#)

**905-828-5255**

Offers personal counselling, group counselling and psychiatric care to assist students experiencing a wide range of challenges.

## [Accessibility Services](#)

**905-569-4699**

Offers services and academic accommodations to students who have a documented learning, physical, sensory, mental health disability or medical condition.

## [Campus Police](#)

**905-828-5200**

Dedicated to creating and maintaining a safe and secure environment for students, staff and visitors.

## [Equity & Diversity Office](#)

**905-569-4916**

Promotes an equitable and inclusive campus community, free from discrimination or harassment. Provides programs and services to students, staff, and faculty at UTM. Responds to concerns, resolves conflicts, and manages complaints of discrimination and harassment.

## [Sexual Violence Prevention & Support Centre \(Tri-campus\)](#)

**416-978-2266**

Have you experienced sexual violence or sexual assault?

The SVPS Centre can help with next steps, medical treatment, support, and the option to have a Sexual Assault Evidence Collection Kit exam.

## [Community Safety Office \(Tri-Campus\)](#)

**416-978-1485**

Offers support, advice and information about intervention options for individuals who have had their personal safety compromised. They will assist in the development of a safety plan and provide referrals to appropriate resources on/off campus.

## [UTM Virtual Programs](#)

This page provides UTM students with information about upcoming programs, workshops, and activities run virtually by each of the departments listed below.

# Greater Toronto Area Mental Health Resources - General

## [My Student Support Program or MySSP](#)

**1-844-451-9700**

My SSP (keep.meSAFE) offers students immediate and confidential access to culturally relevant counselling in their native language, day or night. Students have the option of connecting with a professional counsellor via an app or by mobile phone, online chat, video, email or in person.

## [Good2Talk - Ontario's Post-Secondary Student Helpline](#)

**1-866-925-5454**

A free, completely confidential and anonymous service that offers students professional counselling, mental health information and connections to local resources. The service is available 24/7/365 in both English and French.

## [Peel Crisis Services & Coast](#)

**905-278-9036**

Offers 24-hour crisis intervention services (phone and outreach) to people with mental illness who are in crisis. Phones are staffed by mental health workers. Outreach in response to a crisis in the community is done by a mental health worker and a specially trained police officer.

## [Spectra Helpline](#)

**905-459-7777 English, Punjabi, Urdu, Hindi, Spanish & Portuguese (Mississauga & Brampton)**

**905-459-7770 English (Caledon)**

**416-920-0497 Mandarin & Cantonese**

**905-278-4890 TTY**

Serving Mississauga, Brampton and Caledon. Offers 24-hour, anonymous and confidential distress and emotional support lines for anyone who needs a caring, compassionate, and non-judgmental listening ear.

## [Distress Centres of Toronto](#)

**416-408-4357**

Confidential support and referrals provided by volunteers 24 hours a day. Interpreters for callers in crisis are available in 151 languages. TTY service available for the hearing impaired.

## [Distress Centre Halton](#)

**905-849-4541**

Confidential support and referrals provided by volunteers 24 hours a day.

## [Victim Services of Peel](#)

**905-568-1068**

Offers 24-hour immediate crisis intervention to persons victimized by crime or tragic circumstances in the Peel community.

## [Kid's Help Phone](#)

**1-800-668-6868**

Offers, anonymous and confidential professional counselling, referrals and information through technologically-based communications media to youth under the age of 20.

## [Lesbian Gay Bi Trans Youth Line](#)

**416-962-9688**

Offers a toll-free Ontario-wide peer-support phone line (and TTY) for lesbian, gay, bisexual, transgender, transsexual, 2-spirited, queer and questioning young people. Sunday-Friday 4pm - 9:30pm

### **Gerstein Centre**

**416-929-5200**

Provides crisis intervention to adults living in the City of Toronto who experience mental health problems.

### **Trillium Hospital – Crisis Intervention Team**

**905-848-7495**

Offers assessments and counselling to adults who are experiencing a mental health crisis. This can include people suffering from depression, anxiety, relationship difficulties, stress, and family crisis as well as those who are suicidal, or who are family members of trauma victims.

### **Interim Place**

**905-676-8515 or 905-403-0864; TTY - 905-676-0284 or 905-403-0453**

Offers 24-hour crisis line, online chat, and in-person counselling and support, referrals, information about sexual abuse and assault.

### **Hope 24/7**

**1-800-810-0180**

Offers 24-hour crisis line, online chat, and in-person counselling and support, referrals, information about sexual abuse and assault.

### **Assaulted Women's Helpline**

**416-863-0511; TTY - 1-866-863-7868**

**#SAFE (#7233)** on your mobile phone (Bell, Rogers, TELUS and Fido)

Offers 24-hour telephone and TTY (teletypewriter) crisis line to all women who have experienced abuse. Counselling, emotional support, information and referrals to be provided to women who have experienced abuse as well as their friends and family members.

# Greater Toronto Area Mental Health Resources - Culturally Specific

## [South Asian Community Health Services](#)

**(647) 718-0786**

Offers culturally and linguistically appropriate services for the South Asian community including primary health care, mental health and addiction counselling.

## [Hong Fook Mental Health Association](#)

**(416) 493-4242**

Offers Walk in counselling services and group psychotherapy in Mandarin and Cantonese.

## [Across Boundaries](#)

Offers holistic, inclusive mental health and addictions services for racialized communities.

## [Community Family Services of Ontario](#)

**(416)979-8299**

Formerly Chinese Family Services of Ontario, this agency offers group, individual and family counselling.

## [Caribbean and African Canadian Social Services](#)

**(416) 740-1056**

Offers a range of culturally safe clinical prevention and intervention mental health services designed to meet the cultural needs of Black children, youth and adults. Individual, family and group counselling available.

## [Punjabi Community Health Services](#)

**(905) 677-0889**

Offers assistance and support regarding Mental Health and Addictions in English, Punjabi, Hindi, Urdu and Malayalam. Also offers settlement services for newcomers.

## [The Indigenous Network](#)

**(905) 712-4726** or @AboriginalPeel on Twitter

Offers a Friendship Centre, access to a resource coordinator for culturally relevant supports and a healthy living program.

## [Brampton Multicultural Community Centre](#)

**(905) 790-8482**

Offers a culturally sensitive and linguistically appropriate Mind Your Health program including counselling, peer support groups, mental health workshops and life skills training.

## [Anishnawbe Health Toronto](#)

**416-360-0486** or **416- 920-2605**

Offers a mental health treatment model that integrates traditional and western approaches, primary health care and a wide variety of programming across three sites in downtown Toronto.

## [Black Youth Helpline](#)

**1-833- 294-8650** every day from 9 a.m. – 10 p.m.

Responds to the need for a Black youth specific service and promotes access to professional, culturally appropriate support for youth, families and schools.