

REGISTRAR'S OFFICE AND STUDENT EXPERIENCE

- If all above-listed resources are unavailable, but the University is open (business hours) faculty and staff can contact the University of Toronto *Crisis Response Team* at (416) 946-7111. This is an internal U of T resource, and this number <u>should not</u> be shared with students.
- 4. If you are in communication with students outside of business hours or when the University is closed, you may wish to refer students to the following resources:
 - a. The nearest Hospital Emergency Room / Urgent Care Centre. For a list, please visit: <u>http://www.studentlife.utoronto.ca/hwc/emergencies</u>
 - b. Good2Talk: http://www.good2talk.ca/ (1-866-925-5454)

Good2Talk is a free, confidential, and anonymous helpline providing professional counselling, information, and referrals for mental health, addictions, and well-being to post-secondary students in Ontario - 24/7/365.

- c. My SSP (1-844-451-9700 or download the My SSP App) 24-hour, 365 free, confidential support for international students is available for any school, health, or general life concern, in 35 languages.
- d. The <u>Gerstein Centre</u> offers crisis intervention to adults living in the City of Toronto who experience mental health problems. Services include telephone support, community visits, and a short-stay residence. All services are free of charge and can be accessed through the **Crisis Line** at 416-929-5200, 24 hours a day, 7 days a week.
- e. **Campus Police / Community Safety** at 416-978-2222 are available 24/7 and have specific training and resources. You can refer students directly, or consult /report your concerns about a student.

Students at Risk

or who seem to be in distress, but who are not seeking help to mitigate or manage the factors that may be contributing to their at-risk status. Indeed, such students may not seem to be aware that they might benefit from help.

merits intervention. There are three Coordinators at Student Progress & Support (416-946-