

# MENTAL WELLNESS HANDBOOK



# WHO ARE WE?

Skule™ Mental Wellness (SMW) is the University of Toronto's mental wellness directorship for engineering students, which recognizes and addresses the importance and impact of mental health and wellness in everyday life.

Our goals involve promoting and educating students on positive mental wellness practices, hosting de-stressing activities throughout the year, being a non judgmental liaison for obtaining both on and off campus resources, and creating a greater sense of community in Skule™. We wish to remind members of the Skule™ community that they are not alone, and that there are various resources and practices available for help.

**Interested in joining Skule™ Mental Wellness? Email us:  
[mentalwellness@skule.ca](mailto:mentalwellness@skule.ca)**

# WAYS TO REDUCE STRESS

- **Drop an obligation:** If you're juggling with many commitments and it is overwhelming for you, talk to your club/team members to reduce your workload
- **Identify your stressors:** Identify possible reasons for your stress, jot them down and look at them at the beginning of the week to manage them better
- **Eat and sleep well:** An easily overlooked but extremely important point. Eat healthily and regularly and try to follow a sleep schedule.
- **Take up a hobby as a de-stressor:** Make time for your hobbies to unwind and clear your mind
- **Make physical activity part of your daily routine:** Exercise releases endorphins which can help you deal with stress.
- **Take time out for friends and family members:** Set aside time at least once a week to do something fun with your friends or family members. During that time try not to think about school or work
- **Learn relaxation techniques:**
  - a. Meditation and Yoga: Join free classes at UofT!
  - b. Deep Breathing: Deep breathing is when you breathe from your 'core' or your diaphragm to relax.
  - c. Music: Center your focus on your favourite tunes to clear your mind
  - d. Get creative: Art is a great way to express yourself and let your feelings out.

# UOFT RESOURCES

## ST. GEORGE HEALTH AND WELLNESS CENTRE

[www.studentlife.utoronto.ca/hwc](http://www.studentlife.utoronto.ca/hwc)

214 College Street, 2nd Floor, Suite #232, Toronto, ON M5T 2Z9

416-978-8030

The Health and Wellness Centre provides the same health services as your family doctor. In addition to general health services, they provide individual psychotherapy, pharmacotherapy, on-location counselling, and group therapy. They also run a number of workshops including Better Breathing, Better Skills, Mindful Moments: Meditation and Yoga, Mindful Eating: Food and Mood, safeTALK: Suicide alertness for everyone, and others.

## MULTI-FAITH CENTRE

[www.studentlife.utoronto.ca/mf](http://www.studentlife.utoronto.ca/mf)

569 Spadina Avenue Toronto, ON M5S 2J7

416-946-3120

The Multi-Faith centre runs a large variety of programs during the year to help students grow while exploring meaning, purpose, and identity. The programs and facilities encourage interfaith dialogue and learning for all students, as well as healthy living. Their programs include Meditation and Yoga, JourneyDance, monthly Massage Days, and more. You can also connect with chaplains of a number of different denominations and you can find a full list of the campus chaplains through the Multi-Faith Centre website.

## LINKMENTALHEALTH

[www.linkmentalhealth.com](http://www.linkmentalhealth.com)

LinkMentalHealth is a platform that connects people to in-person therapy regardless of what they can afford. On the platform, you will be able to see the coverage you receive through the UTSU's health insurance plan. They also provide a list of free counseling programs available in your area and includes their wait times.

## NAVI (YOUR MENTAL HEALTH WAYFINDER)

<https://prod.virtualagent.utoronto.ca/>

A virtual tool designed to help you navigate UofT resources and connect you to the support you need.

# SKULE™ MENTAL HEALTH BURSARY

## What is it?

Born as a collaboration between the U of T Engineering Society and the Faculty of Applied Science & Engineering (FASE), this bursary is a way for students to offset the cost for Mental Health needs such as counselling, workshops, peer support groups, therapy sessions, resource guides, medication, assistive devices and more.

## How much is it?

Any student can receive up to \$450 towards the cost of their Mental Health needs.

## How can I apply?

Students can apply through the Awards Explorer (<https://awardexplorer.utoronto.ca/>) upon the bursary's launch in September 2021.

Students must be part or full time under the FASE.

Learn more at:

<https://news.engineering.utoronto.ca/new-skule-mental-health-bursary-supports-wellness-for-u-of-t-engineering-students/>

# FEELING DISTRESSED?

## Academic Distress

Academic Success 416-978-7970

Accessibility Services 416-978-8060

Engineering Registrar 416-978-5896,

[registrar@engineering.utoronto.ca](mailto:registrar@engineering.utoronto.ca)

(see advisors and learning strategist on pages 6-7)

## Financial Distress

U of T Engineering Financial Advisor,

[awards@engineering.utoronto.ca](mailto:awards@engineering.utoronto.ca)

## Housing Distress

Housing Services 416-978-8045 ext. 0

[housing.services@utoronto.ca](mailto:housing.services@utoronto.ca)

After Hours: Campus Safety Services 416-978-2323

## Personal Safety and Wellbeing

Community Safety Office 416-978-1485

Health & Wellness Centre 416-978-8030

Sexual Violence Prevention & Support Centre 416-978-2266

## 24/7 Emergency On-Campus

Campus Safety Services (Non-urgent) 416-978-2323

Campus Safety Services (Urgent): 416-978-2222

**Call 911 in situations requiring immediate police, fire, or medical response to preserve life or property. To ensure prompt service, contact Campus Police after calling 911**

# ADVISORS

## **INCLUSION AND TRANSITION ADVICE**

**Mikhail Burke (he/him), Inclusion & Transition Advisor**

mikhail.burke@mail.utoronto.ca

## **INTERNATIONAL STUDENTS TRANSITION ADVICE**

Book an appointment by logging in to [clnx.utoronto.ca](https://clnx.utoronto.ca) and clicking the "Appointments" tab. Then look for the "Centre for International Experience" section.

## **CORE 8 FIRST YEAR**

**First Year Office**

[firstyear@engineering.utoronto.ca](mailto:firstyear@engineering.utoronto.ca) | 416-978-4625

## **CHEMICAL ENGINEERING (UPPER YEARS)**

**Vanessa Andres (they/them, she/her), Academic Advisor**

[ugrad.chemeng@utoronto.ca](mailto:ugrad.chemeng@utoronto.ca) | (416) 978-5336

## **COMPUTER & ELECTRICAL ENGINEERING (UPPER YEARS)**

**General Inquiries**

[askece@ecf.utoronto.ca](mailto:askece@ecf.utoronto.ca)

**Leanne Dawkins (she/her), Academic Advisor**

[leanne.dawkins@utoronto.ca](mailto:leanne.dawkins@utoronto.ca) | (416) 978-8570

## **CIVIL & MINERAL ENGINEERING (UPPER YEARS)**

**Shayni Curtis-Clarke (she/her), Academic Advisor**

[shayni@civ.utoronto.ca](mailto:shayni@civ.utoronto.ca) | (416) 978-5905

## **INDUSTRIAL & MECHANICAL ENGINEERING (UPPER YEARS)**

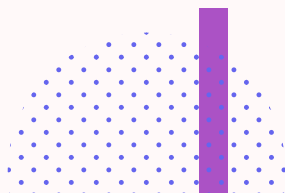
**Gayle Lesmond (she/her), Academic Advisor**

[undergrad@mie.utoronto.ca](mailto:undergrad@mie.utoronto.ca) | (416) 978-6420

## **MATERIALS ENGINEERING (UPPER YEARS)**

**Agnes Hsin (she/her), Academic Advisor**

[agnes.hsin@utoronto.ca](mailto:agnes.hsin@utoronto.ca) | (416) 978-7308





## ENGINEERING SCIENCE (ALL YEARS)

**General Inquiries:** askengsci@utoronto.ca

**Stephen Johns (he/him), Undergraduate Advisor, Years 1 & 2**  
engsci12@utoronto.ca | (416) 946-7351

**Justina Lee (she/her), Undergraduate Student Advisor, Years 1 & 2 (International)**

engsci12.intl@utoronto.ca

**Brendan Heath (he/him), Academic Advisor, Years 3 & 4**  
engsci34@utoronto.ca | (416) 946-7352

## CROSS-DISCIPLINARY OFFICE (ENGINEERING MINORS & CERTIFICATES)

**Sharon Brown (she/her), Academic Advisor**  
cdp@ecf.utoronto.ca | 416-978-3532

## SCHOLARSHIPS & FINANCIAL AID

**Pierina Filippone (she/her), Assistant Registrar,  
Scholarships & Financial Aid**  
awards@ecf.utoronto.ca | 416-978-4159

## ENGINEERING LEARNING STRATEGIST

**Shahad Abdulnour (she/her)**  
shahad.abdulnour@utoronto.ca

## MENTAL HEALTH PROGRAMS OFFICER (MHPO)

**Melissa Fernandes (they/them, she/her)**  
melissa.fernandes@utoronto.ca

Learn more about mental health training opportunities, inform your programming with best-practice insights, get support with student mental health resource navigation, and learn more about mental health initiatives at U of T Engineering.

Book an appointment online through the advising portal at [portal.engineering.utoronto.ca/weblogin/sites/Advising/](https://portal.engineering.utoronto.ca/weblogin/sites/Advising/) or visit <https://undergrad.engineering.utoronto.ca/advising-and-wellness/academic-advising/> for more options



# OFF-CAMPUS MENTAL HEALTH SERVICES

## SKYLARK CHILDREN, YOUTH & FAMILIES

[www.skylarkyouth.org](http://www.skylarkyouth.org)

'What's Up' Walk-in Clinic: 65 Wellesley Street E., Unit 500

Youth Wellness Hub: 40 Orchard View Blvd., Unit 102 (lower level)

Skylark offers free, walk-in counselling services for youth, with no health card or appointment necessary. Skylark has various locations throughout Toronto, including near Wellesley & Eglinton stations.

## HARD FEELINGS

[www.hardfeelings.org](http://www.hardfeelings.org)

848 Bloor Street West, Toronto, ON M6G 1M2

Hard Feelings is a non-profit mental health service offering a welcome, inclusive environment with affordable counselling options. Short term counselling options (about 10-12 sessions) are available for young adults aged 18 and older

## STELLA'S PLACE

[stellasplace.ca](http://stellasplace.ca)

18 Camden Street, Toronto, ON M5V 1V1

Stella's Place offers comprehensive mental health services for youth and adults aged 16 to 29. Free, walk-in counselling is available on Tuesdays and Thursdays between 3-5 pm.

## GRIFFIN CENTRE

[www.griffin-centre.org](http://www.griffin-centre.org)

1126 Finch Ave West, Unit 16, Toronto, ON M3J 3J6

Griffin Centre is an accredited, non-profit mental health agency offering walk-in counselling to ages 29 and under. Service is offered in languages including English, Mandarin, Hindi and more.

**Call 911 in situations requiring immediate medical response**

## MENTAL HEALTH DISTRESS HELPLINES

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

Gerstein Centre Crisis Line 416-929-5200

Mental Health Helpline (Ontario) 1-866-531-2600

Drug and Alcohol Helpline 1-800-565-8603

Ontario Problem Gambling Helpline 1-888-230-3505

## 24/7 EMERGENCY OFF-CAMPUS

Assaulted Women's Helpline 416-863-0511, TTY/ATS 1-866-863-7868

Toronto Rape Crisis Centre 416-597-8808

York Region Women's Sexual Assault Helpline 905-895-7313

Peel Rape Crisis Centre 905-273-9442

# COVID-19 MENTAL HEALTH SUPPORTS

## WELLNESS TOGETHER CANADA

<https://ca.portal.gs/>

'Wellness Together Canada was recently funded by the Government of Canada due to the spike in mental distress since the COVID-19 pandemic. It provides online support for mental health and addiction by providing customized wellness programs and provides self-guided courses and apps, an online community of coaching and support and one to one counselling.

**They also have immediate support for:**

- Youth: Text **WELLNESS** to 686868.
  - Phone counselling 1-888-668-6810
- Adults: Text **WELLNESS** to 741741.
  - Phone Counselling 1-866-585-0445

## MENTAL HEALTH SUPPORT OVER PHONE

U of T's My Student Support Program (My SSP) [www.uoft.me/myssp](http://www.uoft.me/myssp)

Android download: <https://play.google.com/store/apps/details?id=com.onetapsolutions.morneau.myissp>

Apple download: [https://apps.apple.com/ca/app/my-ssp/id111200](https://apps.apple.com/ca/app/my-ssp/id1112006222)

6222 (24/7 Support)

Distress Centres of Greater Toronto 416-408-4357 (24/7 Support)

Progress Place Warm Line 416-960-9276 (8 pm to 12 am Support),

1-888-768-2488 (3 pm - 7pm), 416-323-3721 (12 pm - 8pm)

Crisis Service Canada 1-833-456-4566 (24/7 Support)

## MENTAL HEALTH SUPPORT OVER TEXT

Distress Centres of Greater Toronto

Text **45645** (24/7 support)

Kids Help Phone

Text **CONNECT** to: 686868 (24/7 support)

Crisis Services Canada

Text **45645** (support from 4pm – Midnight ET)

# CONTACT US!



@SkuleMW



@skulementalwellness



mentalwellness@skule.ca



<http://wellness.skule.ca/>