



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

MENTAL HEALTH RESOURCES

In the circumstance where you feel you may need additional mental health/wellness support, please do not hesitate to contact any of the following offices. During COVID many options are available for online, remote, or phone sessions.

- **AbilitiCBT** Free for Ontarians or Manitobans for virtual therapy on any device <https://myicbt.com/>
- **Anishnawbe Health Toronto Mental Health Crisis Line** | 416-360-0486 or 416-920-2605 (business hours only) Improves health and well-being with Anishnawbe Health Toronto traditional healers, Elders and medicine people, and other health professionals.
- **Big White Wall** | <https://www.bigwhitewall.ca/> An online chat-based mental health and well-being service offering self-help programs, creative outlets and a community that cares.
- **Black Mental Health Canada** 1-888-2202510 To facilitate access to affordable, culturally safe and affirming mental health services to the black community through education, advocacy, and provision of resources
- **BounceBack Ontario** | 1-866-345-0224 A free skills-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety.
- **Canada Suicide Prevention Service** at 1-833-456-4566 (24/7) or text 45645 (4 pm to 12 am ET).
- Call 1-855-242-3310 (toll-free) or connect to the [online Hope for Wellness chat](#).
- **ConnexOntario Helpline** | 1-866-531-2600 Support and treatment services for people experiencing problems with gambling, drugs, alcohol and/or mental health.
- **Distress Centres** | 416-408-4357 Provides crisis and emotional support and suicide prevention/intervention/postvention services to individuals in our community.
- **Gerstein Centre Crisis Line** | 416-929-5200 Provides mental health crisis support, strategies for addressing immediate problems and connections to services offering ongoing support.
- **LGBTQ Youthline** | 1-800-268-9688 Confidential, non-judgmental and informed LGBTTQQ2SI peer support.
- **Spectra Helpline** | 905-459-7777 A 24/7 Helpline providing confidential multicultural, crisis and suicide intervention and emotional support. Text and chat options are also available. Multi-lingual helplines are available Monday to Friday, 10:00 a.m. to 10:00 p.m. in eight languages (Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu.)