Health & Wellness Centre

**WHAT:** health & mental health services

**WHERE:** Koffler - same building as the U of T Bookstore, 2nd Floor

**WHEN:** Monday - Friday: 9 am-5 pm / Tuesday & Wednesday: 9am-7pm

**WHO:** family doctors, nurses, dietitian, psychiatrists, psychologists, social workers, embedded counsellors, health promotion, peer health educators

**HOW:** covered by your provincial health insurance or UHIP, make appointments by phone, in person or online (once registered)

https://www.studentlife.utoronto.ca/hwc
workshops – in-person & online

BETTER COPING SKILLS

*Information on this page was last updated August 26, 2016.

If you’re having trouble coping with the demands of university life - or even regular everyday situations - this series of workshops can help you build the skills you need to thi

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Resources for Staff & Faculty

The department of Student Life offers a number of programs, services and resources to support students, staff and faculty during their time at the University of Toronto.

Responding to a student in distress

If you find yourself dealing with a critical issue or student crisis, refer to this quick resource guide for faculty and staff at the University of Toronto, St. George campus.

CONTENTS

- Embedded SL staff
- Academic support
- Accommodations
- UID
- Students in distress
- Mental health
- Sexual violence
- Child and elder care
- ASIST
- SafeTALK

- Student Life departments have embedded their services
- Academic Success Centre
- About academic accommodations through accessibility Services
- University Instructional Design
- Refer to our quick resource guide for faculty and staff
- Health and wellness centre
- Refer to safety.utoronto.ca
- Family care office
- Applied Suicide Intervention Skills Training
- Training for Trainers: A two-day course to prepare attendees to facilitate SafeTALK workshops
Responding to Distressed Students

RESPONDING TO DISTRESSED STUDENTS

A quick guide for faculty and staff at the University of Toronto, St. George campus.

This guide provides contacts for faculty and staff responding to a distressed student during an emergency, an immediate crisis, a personal safety situation or where the student is presenting concerning behavior.

Emergency 24/7

- medical emergencies
- suicide attempts
- assault
- police matters
- all after-hours emergencies and crises

Call 911

Campus police: 416-978-2222

The offices below are open during regular University business hours, Monday through Friday.

Student Crisis Situations

- overwhelmed or in crisis
- disturbing behaviour
- references to suicide or violence

Student Crisis Response: 416-946-7111

Personal Safety Situations

- harassment & stalking
- bullying & threats
- domestic/family violence
- sexual assault

Community Safety Office: 416-978-1485

Concerning Student Situations

- unusual, challenging or distressing behavior
- complex academic difficulties

College/Faculty Registrar: uoft.me/people
Student Academic Progress: 416-946-0424
Health & Wellness: 416-978-8030

There is also a tri-campus student-facing "Feeling Distressed" page with a broad range of resources to support students.

http://www.studentlife.utoronto.ca/DistressedStudent.htm
SGS & H&W – Workshop Series

1. Better Coping Workshop for Graduate Students: Series 2016-17

Offered by Health and Wellness Centre - Student Life

Do you have trouble coping with everyday situations?

Do you...

- worry constantly about worst-case scenarios?
- blame or criticize yourself, even when things are going well?
- feel like your emotions are overwhelming and difficult to tolerate?
- avoid situations or activities because they make you nervous or because you think you'll fail?
- push yourself to do things perfectly, but still feel like a failure?

If any of these apply to you, we can help. We're offering a series of workshops, to help you develop coping skills to meet the demands of university, work, and personal life.

Where: The School of Graduate Studies, 65 St. George Street, Room 201.

When: Mondays from 1:00 pm to 2:30 pm on the following dates. Bring your lunch!
other resources:

Health Promotion:
HealthyU: – http://healthyuoft.ca/
Healthy Grads: healthygradcrew.uoft@gmail.com

On Campus:
Grad Life: @UofTGradlife
Conflict Resolution Centre: http://gradcrc.utoronto.ca/
OISE Psychology Clinic: http://www.oise.utoronto.ca/psychservices/

Off Campus:
Good2Talk: student mental health helpline 24/7 (1-866-925-5454)
Telehealth Ontario: 1-866-797-0000
Mental Health Framework

We all have a role in our students’ mental wellness.

Introducing a perspective on student mental wellness that includes everyone.

From student leaders to faculty and staff, we can all participate in ensuring student mental wellness. Explore our 22 recommendations across five key areas to discover how you fit in.

See your role. Share our vision.

http://mentalhealth.utoronto.ca
5-a-day 4 wellness

HealthyU

Health and well-being are the foundation of your academic and personal success, so HealthyU is here to help you live your best life on campus and beyond. From paying attention to what you eat and getting motivated to move, to mental health and safety, HealthyU has the resources you need to be well.

Stay Well

Concussion
Do you think you might have a concussion?
Read More

Tobacco cessation
Want to quit smoking?
Read More

General Health Services
The same services as your family doctor provides.
Read More

Refuel

The Best Places to Nap on Campus
Life at U of T presents the Best Places to Nap on Campus
Read More

More Refuel

Stress Less

Good2Talk
24 hour post-secondary student helpline.
Read More

Stop, Breathe, Think
Practice mindfulness through a phone app.
Read More

From Intention to Action
Ongoing one-on-one support for students feeling stress, depression or anxiety.
Read More

More News

Get Active

U of T Athletics

More News

Make Friends

Hart House clubs and

More News

http://healthyuoft.ca/
Thanks!

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