

# Where Can You Go for Support?

## I'm doing okay (no additional support required)

There are many ways to continue fostering positive mental health, which is important to do even when you're already feeling pretty good.

### Make Connections

Talk to a friend, classmate or loved one. Even a short conversation can leave you feeling connected and a little closer to those around you.

Get involved! YorkU has clubs where you can meet others with similar interests. Visit [York's Colleges Clubs](#) for more information.

Sign up for an [YorkU intramural team](#), where connection and movement meet!

Find academic and social connection support through a peer mentorship program.

### Movement

Finding ways to be active that you enjoy can help maintain positive mental health.

Visit [YorkU Lions Campus Recreation](#) to learn more about diverse programs to meet your needs, time commitment, skill level and personal development

## I'm starting to struggle (support required)

### [Graduate Student Wellness Services](#)

Appointments are available Monday to Friday between 9:00am-4:00pm. There is in-person counselling, phone and videoconferencing options. [Book a wellness consultation](#)

### [The Centre for Sexual Violence Response, Support & Education](#)

The Centre for Sexual Violence Response, Support & Education coordinates supports and resources for all members of the community who have experienced sexual violence, receives disclosures and complaints, facilitates safety planning, and assists survivors through the complaint process. 416-736-5211

### [Counselling Service - Glendon Campus](#)

Our Glendon Personal Counselling Services offer psychological support to Glendon students who need help managing challenges during their university life.

### [Student Accessibility Services \(SAS\)](#)

The mission of SAS is to provide a professional, confidential, and responsive service to support the needs of students with disabilities.

### [Student Counselling, Health & Well-being \(SCHW\)](#)

is a student service department within the Division of Students at York University. SCHW offers a team of healthcare professionals, peer health educators, and support staff who collaborate to provide a range of health and well-being services that foster academic success, student development, and an engaged community at York University.

## I need help (urgent support required)

**Assaulted Women's Helpline**  
Provides anonymous, confidential crisis counselling. 24/7. 1-866-863-0511.

### [Black Youth Helpline](#)

Serves all youth and specifically responds to Black youth with professional and culturally appropriate support. 9:00am-10:00pm 7 days a week. 1-833-294-8650.

### [Good2Talk](#)

Confidential, free helpline. Call 1-866-925-5454 or text "GOOD2TALKON" to 686868.

### [Hope for Wellness Helpline](#)

Available to all Indigenous people across Canada. Offers 24-hour culturally competent telephone crisis counselling. Call 1-855-242-3310.

### [LGBT Youthline](#)

Offers free support for 2SLGBTQ+. Sunday-Friday 4:00pm-9:30pm EST. Text 647-694-4275.

### **Multilingual Distress Line**

Provides support and crisis intervention in several languages. Monday-Friday 10:00am-10:00pm EST. Call 905-459-7777.

### [Naseeha Mental Health Services](#)

International hotline offers free Muslim mental health support. 12:00pm-9:00pm 7 days a week. Call or text 1-866-627-3342.

### [Trans Lifeline](#)

Offers confidential peer support services for trans and questioning folks. Call 877-330-6366.

## I'm in crisis (emergency support required)

**9-1-1**  
If you are in immediate danger or need urgent medical support, call 9-1-1.

### [9-8-8 \(National Suicide Crisis Helpline\)](#)

If you are thinking about suicide, call or text 9-8-8. Bilingual, trauma-informed and culturally appropriate support is available to anyone in Canada, 24/7.

[Centre for Addiction and Mental Health \(CAMH\)](#)  
Main switchboard 1-800-463-2338. It is staffed 24/7.

**Hospital Emergency Department**  
If you need urgent medical support or are in immediate danger of harming yourself or someone else, go to your nearest hospital emergency department.

### [York Security](#)

416-736-5333  
Ext. 33333 from an office phone  
TTY 416-736-5470