

Navigating Wellness Resources at York – Health Education and Promotion

This document contains all of the resources presented at the *Navigating Wellness Resources at York* session and a brief description of each resource and contact information, where relevant.

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Mental Health Resources

Student Counselling Health and Wellbeing

What it is: SCHW is a student assistant department within the York University's Division of Students . It includes a dynamic mix of health care experts, peer health educators, and support personnel that work together to provide a wide range of student services. SCHW's major goal is to assist students in discovering and developing their personal potential, as well as managing the responsibilities of university life. On both the Keele and Glendon campuses, students who are registered and enrolled at York University are eligible for programs including as support groups, workshops, and counselling.

Website: <https://counselling.students.yorku.ca/>

Contact/Location:

- N110 Bennett Centre for Student Services (99 Ian Macdonald Boulevard)
- Hours: Monday-Thursday 9am-4pm and Friday 9am-3pm
- 416-736-5297
- schw@yorku.ca

Health Education and Promotion

What it is: Health Ed, a component of SCHW, offers York students with person-centered, health and well-being assistance via education, empowerment, and access, with the goal of equipping students with the tools to make balanced and sustainable health choices. Health Ed provides free health products such as menstruation supplies and condoms, as well as a variety of wellness activities and in-person and Zoom courses.

Website: <https://counselling.students.yorku.ca/health-education>

Contact/Location:

- N110 Bennett Centre for Student Services (99 Ian Macdonald Boulevard)
- Hours: Monday-Thursday 9am-4pm and Friday 9am-3pm

schwhep@yorku.ca

Graduate Student Wellness Services

What it is: Supports York University graduate students' mental health and well-being while they pursue their academic goals by developing and implementing specific resources, services, and supports.

Website: <https://portal.owlpractice.ca/yorkgradwellness>

Contact:

- Online appointment booking through the website above
- In person appointment booking through gradwell@yorku.ca

Osgoode Hall Law School Student Success and Wellness Counselling

What it is: Our Counsellors can provide you with free, confidential, short-term counselling services, share resources and assist with referrals and supports. We can support you with your mental health and wellness needs as you work towards achieving your academic goals.

Our Service follows a brief, solution-focused counselling model in which students are generally offered 6-8 sessions, however service is customized to each student's needs. If you require ongoing or a more intensive level of support or services that we are not able to provide, we will work with you to find suitable options which could include appropriate internal or external referral.

Website: <https://www.osgoode.yorku.ca/student-success-and-wellness-counselling/>

Contact:

- Book online through the link above. You must create an OWL account with your Osgoode email to access.

YI Feel

What it is: an online platform that provides international students with a space to share their stories and lived experiences to establish a support system and destigmatize mental health and well-being.

Website: <https://yorkinternational.yorku.ca/yifeel/>

Contact: peerlead@yorku.ca

Accessibility, Well-being and Counselling (AWC)/Centre accessibilité, bien-être et counseling (ABC)

What it is: Our Glendon Personal Counselling Services offer psychological support to Glendon students who need help managing challenges during their university life. Members of the Glendon community come see us because of a wide range of concerns, including but not limited to: depression, anxiety, abuse, stress, self-esteem, sexuality, and family and personal relationship issues. The counselling centre is a safe space where support is provided in a confidential and private manner. We take pride in supporting our students with diverse backgrounds, ethnicities and sexualities.

Website: <https://www.yorku.ca/glendon/supports-and-services/glendon-counselling/>

Contact/Location:

- Book online at the website above
- Glendon Hall, Room 111A
- 416-487-6709
- counselling@glendon.yorku.ca

What's Up Walk In

What it is: Free virtual and in-person mental health counselling for people aged up to 29. Anyone can access this service as long as they are in the GTA. Canadian health cards not required. Individuals can connect through their phone line or in-person at their walk-in clinics.

Website: <https://www.whatsupwalkin.ca/>

Contact/Location:

- [Find a Walk-in Clinic near you](#)
- Monday-Friday 9am-7pm and Saturday 10am-3pm
- 1-866-585-6486

Good to Talk

What it is: Provides free, confidential support services for post-secondary students in Ontario and Nova Scotia. Connect with a counsellor through phone or text and access the online peer-to-peer community forum through the website.

Website: <https://good2talk.ca/ontario/>

Contact:

- Available 24/7
- 1-866-925-5454 (call)
- Text GOOD2TALKON to 686868

- [Contact form](#)

Keep Me Safe (My SSP App)

What it is: 24/7 service that connect students with free confidential emotional health and well-being supports. Available for all York students including those out-of-province or international. Keep Me Safe counsellors through the My SSP app are accessible globally and can speak multiple language. Also find York resources and contacts such as York security services through the My SSP app.

Website: <https://www.keepmesafe.org/>



Contact:

- 1-844-451-9700 (Canada & USA)
- +1-416-380-6578 (anywhere else)

Academic Resources

Student Accessibility Services

What it is: Provides academic accommodations and support to York students with documented disabilities including mental health, learning disabilities, and physical, sensory, and medical disabilities.

Website: <https://accessibility.students.yorku.ca/>

Contact/Location:

- N108 Ross Building
- Hours: Monday-Friday 9am-4pm
- 416-736-5755
- sasinfo@yorku.ca

Learning Skills Services

What it is: We offer online and in-person workshops on all the skills you need to achieve your academic goals. With many topics to choose from, our workshops are open to all students at any level and are designed to help you learn how to manage

your time, study and learn more effectively, keep up with readings and course work, and get the most out of your studies. Also offer peer-to-peer academic support at the Learning Commons.

Website: <https://www.yorku.ca/sclد/learning-skills/>

Contact/Location:

- lsp@yorku.ca
- Visit LSS at the [Learning Commons](#) in Scott Library

Physical Health Resources

YFS Health and Dental Plan

What it is: The York Federation of Students offers a very comprehensive student health and dental plan in all of Canada. The plan covers extended health and dental insurance all at a low cost to you. Most full-time undergraduate students are automatically enrolled in the plan, however students should always check their Student Account Statement to confirm enrollment before seeking undergoing treatments or purchasing services and medications. If you have comparable insurance, you can coordinate your benefits or opt-out for a refund!

Website: <http://www.yfs.ca/healthplan>

Contact/Location:

- 336 First Student Centre
- healthplan@yfs.ca

Appletree Medical Clinic

What it is: This location has one full-time female and male physician with overlapping schedules providing Family Medicine. They accept appointments for their rostered patients and walk-ins for students, university staff, and residents of the Jane and Finch neighbourhoods. We have five other part-time, female, Family Medicine physicians who accept patients on a walk-in basis. Additionally, there are in-house Attention and Cognitive Disorders, OB/GYN, and vascular surgeon specialists that practice by referral only on a weekly and biweekly schedule.

Website: <https://appletreemedicalgroup.com/clinic-locations/4700-keele-st-york-lanes-on-campus-keele-entrance/>

Contact/Location:

- 4700 Keele St. (York Lanes on Campus – Keele Entrance)

- Hours: found on website
- (644) 722-2370
- [Help Centre](#)

Virtual Health Clinic

What it is: Students and staff at YorkU have access to primary care services, including same day appointments, prescriptions, refills, lab results, and specialist referrals, from the comfort of anywhere 7 days a week.

Website: https://www.virtualhealthclinic.com/york-university?utm_source=website&utm_medium=website&utm_campaign=york_university

Contact:

- Available 7 days a week, 8am-9pm
- 844-222-7200 (call or text)
- operations@virtualhealthclinic.com

Urgent Supports

- 911 for immediate safety risks and situations
- York Security services: 416-736-5333 (staffed 24/7)
- Calling from outside Canada: +1-416-808-2222
- Multilingual distress lines
 - Mandarin & Cantonese: 416-920-0497
 - Hindi, Urdu & Punjabi: 905-459-7777 ext. 2
 - Spanish: 905-459-7777 ext. 3
 - Portuguese: 905-459-7777 ext. 4

The Centre for Sexual Violence Response, Support, and Education

What it is: aims to support and provide a safe space for York University students who have experienced sexual violence at any point in time. Includes information about resources, reporting support and mental health support, and educational workshops. Those seeking support or wanting to disclose an instance of sexual violence, claims will remain confidential and will be informed of any limits to confidentiality before they disclose identifying information.

Website: <https://thecentre.yorku.ca/>

Contact/Location:

- 301 York Lanes

- Monday-Friday 8:30am-4:30am
- thecentre@yorku.ca