

Health Services Links

Community Safety Week

About Us

- [Health Education and Promotion](#)
- [Student Health / Public Health Nurses](#)
 - If students have questions related to their health, healthcare systems navigation, resources available to them, or any other inquiries related to Student Health they can contact our Public Health Nurses at shealth@yorku.ca
- [Student Counselling, Health & Well-being](#)

Sexual Health

- Health Education and Promotion: [Sexual Health Resources](#)
- Student Health: [Sexual and Reproductive Health](#)

Sleep & Physical Health

- Health Education and Promotion: [Sleep & Physical Health](#)
- Student Health: [Communicable Diseases](#)
- Student Health: [Primary Care](#)
- Student Health: [Dental Care](#)
- Student Health: [Sleep](#)
- Student Health: [Physical Activity](#)

Substance Use

- Health Education and Promotion: [Substance Use](#)
- Student Health: [Harm Reduction & Substance Use](#)
- [Breaking Free](#): Confidential Wellness and Recovery Support Program for Alcohol and Drugs. **Free for 2 years if students sign up before March 31.**

Nutrition

- Health Education and Promotion: [Nutrition](#)
- Student Health: [Nutrition](#)
- [SCHW Open Fridge Resource](#): A resource aimed to provide free food to those on campus who need it. It is available to all York students and located in the counselling reception area.

Mental Health & Crisis Supports

- [Well-being Resources](#)
- Health Education and Promotion: [Mental Health & Crisis Supports](#)
- SCHW: [Counselling Options](#)
- [keep.meSAFE](#): Innovative Student Support Program (SSP) helps students by promoting early intervention and 24/7 access to mental health support. We help students manage their mental health so they can fully participate in academic life and complete their studies.
- [Good2Talk](#): Free, confidential support to post-secondary students in Ontario 24/7.

Training, Events, Workshops

- Health Education and Promotion: [Events & Workshops](#)
- Health Services: [Certificate Training Programs](#)
- Public Health Ontario: [Health Promotion](#) – Online Learning
- Public Health Ontario: [Infection Prevention and Control](#) – Online Learning