

MENTAL HEALTH RESOURCES AND STRATEGIES FOR STUDENTS

This is an extraordinary time for everyone, and we understand the impact of the pandemic and adjusting to online learning can take a toll on our mental health. **We have compiled a list of virtual resources and strategies to support you during this time.** Click on the items listed below to go directly to each section.

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2. Crisis Supports
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We encourage you to reach out to your Accessibility Counsellor if you have questions related to your disability or accommodation plan. Student can continue to utilize the supports from all community partners, who continue to provide services virtually. For matters related to academic policies and rules, please connect with the [Registrar's Office](#) and [Academic Advising](#).

Students should contact Student Financial Services for all financial related questions. Please reach out to a [Student Financial Advisor](#) or a [Student Account Advisor](#). If you have been financially impacted by COVID-19, please review the information regarding the [York University Emergency Bursary](#).

Stay informed about any changes that might be impacting students directly through the [Student Communication](#) page for York University's response to COVID-19.

We also encourage you to reach out to for support from the various resources on campus, who continue to offer services virtually, including the [Career Centre](#) and [York International](#).

TIPS & STRATEGIES

Self-Affirmations

Focus on positive thinking and interrupting negative thoughts. Some affirmations include:

1. Remote learning is out of my control, but I am not alone. I have support from my Accessibility Counsellor, professors, TAs, and student colleagues.
2. Remote learning is new, challenging, and at times, makes me feel anxious. That is okay. I will see it as an opportunity to learn a new skill.

3. As I work on assignments and engage in lectures remotely, I will be kind to myself in knowing that I am doing my best. Grades and my ability to adapt to this new form of learning do not define me.
 4. I will not compare myself to other students' ability to cope with this change as my experience is unique.
 5. This anxious feeling is temporary and will pass.
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Environmental Mindfulness

Combining your home and school space can be overwhelming. Here are some tips to organize your home space: and reduce distractions:

1. Remove all distractions other than focusing tools that you have used/ find helpful (e.g. stress balls, fidget spinners, playdough, etc.).
 2. Try to find a space that is comfortable, has enough light, and has low noise levels (as much possible during this time).
 3. Create a routine start time and finish time and keep it consistent daily. Incorporate pieces of your previous routine that you found helpful (e.g. you can still listen to a podcast when you get ready in the morning, now without the commute!).
 4. Create a list of assignments. Set a date and study block time that you will complete the assignment (i.e. discussion post, Friday April 6, 2020 from 5:00 to 8:00 pm).
 5. Emphasize breaks and self-care outside of these study blocks.
 6. Only have assignments out/open on your computer that you have set to complete for that day.
 7. Organize your material chronologically based on how you would like to work through the assignment (i.e. 1st tab open on your computer is assignment outline, 2nd tab open is your draft, and 3rd tab open is references)
 8. Count down from 5 to 1 out loud to manage procrastination. This will slow down your thinking and prepare you to start the task when you reach the number 1.
 9. If tasks feel daunting, put a 5-minute timer to start the assignment. When the timer goes off, walk away from the assignment. Increase the timer by the hour, as you get more familiar with the task.
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Strategies

Here are some strategies that can help improve and maintain mental health:

1. **Discussing fear with loved ones or your therapist** - Sharing your fears and concerns with trusted loved ones can help to alleviate symptoms of stress and anxiety.
2. **Daily Journal** - One of the ways to deal with overwhelming emotions is to find a healthy way to express yourself. This makes a journal a helpful tool in managing your mental health.
3. **Positive Self Talk** - Daily self-affirmations (see above) or writing out a list of what you are grateful for is a great tool to reduce stress.
4. **Meditation** - Meditating can help with relaxation and inner peace, which can improve mental health.
5. **Exercise** - Moving your body has also been found to alleviate symptoms of stress and can improve your mental health and well-being.
6. **Structure Your Daily Routine** - Write out and try to stick to your regular routine to maintain structure (refer to the list above for strategies to keep your routine).
7. **Humor** - Laughter is great medicine. Find opportunities to laugh and have a little fun.

CRISIS SUPPORTS

Good2Talk	Good2Talk provides confidential support services for post-secondary students in Ontario and Nova Scotia. Call 1-866-925-5454 or text GOOD2TALKON to 686868 in Ontario.
Crisis Text Line	The Crisis Text Line is a way to connect with a trained crisis counsellor, typically in less than 5 minutes. This line can be accessed 24/7 by texting HOME to 741741.
Gerstein Crisis Centre	Gerstein Crisis Centre provides 24/7 crisis intervention and wellness and recovery activities. Call 416-929-5200 for more information.
Distress Centres of Greater Toronto	The Distress Centres of Greater Toronto offers 24/7 telephone and online chat support. Visit the website or call 416-408-4357 for more information.
Crisis Services Canada	This suicide prevention service is available if you or someone you love is thinking about suicide. Please call 1-833-456-4566, available 24/7. Please text 45645, available 4:00 pm - 12:00 am ET.

MENTAL HEALTH & HEALTH SUPPORTS ON CAMPUS

Student Counselling & Development (SCD)	SCD is offering telephone counselling for single session, crisis and emergency support, which you can receive by calling 416-736-5297.
Wellness Consultation Service	The Wellness Consultation Service for graduate students continues to be available via phone and video options; they have their extended hours from 8:00 am - 6:00 pm.
Office of Student Community Relations (OSCR)	OSCR provides support for students who are in critical and complex situations; please contact at 416-736-5231 or oscr@yorku.ca .
The Centre for Sexual Violence Response, Support and Education (SVRO)	SVRO provides support for students who are experiencing sexual and domestic violence through advocacy and education, please contact at 416-736-5211 or thecentre@yorku.ca .
Wellness Lounge Community Virtual Chat Sessions	Join the Wellness Lounge Community from Calumet and Stong College every Wednesday from 5:30 pm - 6:30 pm for a Zoom conference call to chat about your week, ask questions and relieve some stress. All students welcome.
Student Community & Leadership Development (SCLD)	SCLD has posted a suite of COVID-19 wellbeing resources on their website, covering topics such as staying social while physical distancing, as well as some fun online activities.
Appletree Medical Group	Appletree Medical Group is offering telephone and virtual appointments. Students can book online or by calling 647-722-2370.
Free MUV Class	Tate Mckenzie is offering free exercise classes online via zoom.

COUNSELLING & SELF-DIRECTED WELLNESS RESOURCES

Beacon	Beacon is currently offering free guided digital therapy that is based in Cognitive Behavioural Therapy (CBT). Clients will receive free one-one therapy that is offered for a range of mental health concerns.
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What's Up Walk-In	What's Up Walk-in is a multi-agency service providing free counselling to children, youth and young adults. Call Mental Health TO at 1-866-585-MHTO (6486) to be connected to a counsellor for a telephone or video session.
Stella's Place	Stella's Place provides mental health services to individuals aged 16 - 29. They are currently offering drop-in virtual counselling and the BeanBagChat app for online peer support. Email connect@stellasplace.ca or call 416-461-2345 x 0 for more information.
Naseeha	Naseeha is a mental health hotline for Muslims and non-Muslims, providing phone (7 days a week, 12:00 pm - 9:00 pm EST) and texting support (Mon-Fri only). Call or text 1-866-627-3342 (NASEEHA).
LGBT Youthline	Youth Line offers LGBTQQ2SI confidential peer support through telephone, text and chat services, available Sunday to Friday from 4:00pm - 9:30 at 647-694-4275.
Hope for Wellness	Hope for Wellness Help offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Call 1-855-242-3310, available 24/7 or use the chat feature on the website. Phone and chat counselling are available in English and French and on request, phone counselling is also available in Cree, Ojibway and Inuktitut.
ConnexOntario	ConnexOntario (Connex) provides free and confidential health services for people experiencing problems with alcohol and drugs, mental illness and/or gambling. Call 1-866-531-2600 for support.
AbilitiCBT	AbilitiCBT is a free, internet-based cognitive behavioral therapy (iCBT) program that you can access from any device, any time. It is available to all Ontarians, aged 16 and over. The program is run through Morneau Shepell in partnership with the Government of Ontario.
Shift	Fee for Service – Shift offers phone and online therapy sessions.
Balanced Mind and Wellness Inc.	Fee for Service – Balanced Mind and Wellness Inc offers phone and secure video counselling in the GTA. Psychotherapy & Naturopathic Services.
Inkblot Therapy	Fee for Service – Inkblot Therapy offers video counselling with registered psychotherapists. Most insurance plans accepted; cost is \$37.50/30 minutes; \$20/hr for group session.
BigWhite Wall	BigWhite Wall is a free online mental health and well-being service offering self-help and community programs.
BounceBack	BounceBack is a free online skill-building program designed to help individuals manage symptoms of depression and anxiety.
Wellness Together Canada	Wellness Together Canada offers online self-guided courses and resources, as well as group coaching and counselling by text or phone. Text WELLNESS to 741741.
Coursera	Coursera is offering a free mental health course in partnership with the University of Toronto.
Medical Clinic for Person-Centered Psychotherapy	Medical Clinic for Person-Centered Psychotherapy offers OHIP covered phone and virtual psychotherapy, call 416-229-2399 for more information.

SAFETY SUPPORTS & RESOURCES

Victim Services Toronto	Victim Services Toronto provides immediate crisis response, intervention and prevention services which are responsive to the needs of individuals, families and communities affected by crime and sudden tragedies. Call 416-808-7066 for more information.
Victim Services of Peel	Victim Services of Peel helps people across Brampton and Mississauga who are victims of domestic abuse or traumatic events. They provide support through counselling, advocacy, education and support. Call 905-568-8800 or call 905-568-1068 for crisis support.
Shelters Toronto & GTA	CAMH has prepared a helpful resource, outlining contact information for all shelters located in Toronto and the GTA. For all shelters, you can also call 311 to reach intake services
Vulnerable Persons Registry	Students can participate in the Vulnerable Persons Registry, which provides important information to first responders about the issues that vulnerable members of the community might be coping with.

MINDFULNESS & MEDITATION RESOURCES

Headspace	Headspace is a meditation app with guided meditation courses on a variety of topics; they are offering some free meditations during COVID-19.
Calm	Calm is a meditation app that offers free meditations for sleep, relaxation and mindfulness.
Insight Timer	Insight Timer is a meditation app that offers over 45,000 free guided meditations.
Balance	Balance is a meditation app that is offering a free one-year subscription. Email access@balanceapp.com for instructions.
Self-Compassion	Self-compassion offers educational resources and guided meditation exercises geared towards positive self-talk and acceptance.
Sue Hutton Mindfulness	Free online mindfulness events amidst COVID19 - every Friday 7 - 8 pm EST) via Zoom.
Mind Your Mind	A space where youth can get information, resources and tools to manage stress, crisis and mental health related problems

ACADEMIC SUPPORTS & RESOURCES

Learning Skills Services	Learning Skills Services include Workshops , Drop-In , and individual Peer Academic Coaching to help students develop more effective academic skills. See Online Study Tips and Online Exam Tips .
Writing Centre	The Writing Centre virtual supports include online video chat , etutoring and additional links and resources through the Writing Centre's Moodle Website , all aimed to help students improve their ability to produce effective academic and professional writing.
Assignment Calculator	The assignment calculator helps you set a schedule of tasks to meet your assignment deadlines.
Student Guide to eLearning	This guide has information and tips on how to get started, what to expect and how to be a successful online learner.

York University Libraries	E-books, journals and other resources can be accessed online and you can continue to renew books online.
Off-campus Computing	Everything you need to work online from anywhere, plus explore the UIT Laptop Borrowing Program .
The Pomodoro	The Pomodoro Method is a technique used to manage your stamina and focus while studying. A timer application can be downloaded onto your phone or a timer can be used.
Edge Foundation	The Edge Foundation is offering free or sliding scale, one-to-one <i>coaching</i> for young adults who find themselves at home with challenges from remote learning and/or stresses during this unusual period.

DISABILITY COMMUNITIES

AbilityOnline	A safe online community for friendship, support and skill development for youth and young adults with disabilities/chronic illness, their friends and family.
MedicAlert Autism Program	The MedicAlert Autism Program is designed to empower emergency responders and police to provide you or your loved one with timely and customized care. Students with Autism who may have police interaction can consider registering for the MedicAlert ID bracelet autism program.
Canada VRS	Canada VRS enables Deaf, Hard of Hearing or speech-impaired Canadians who use American Sign Language (ASL) and Langues des signes Québécoise (LSQ) to make telephone calls via Internet-based videoconferencing technology. See instructions .

VIRTUAL DOCTORS

Shoppers Drug Mart & Maple	In partnership, Shoppers Drug Mart and Maple are offering access to a network of Canadian doctors online from your electronic device.
Well.ca	Well.ca pharmacy offers free same day & next day delivery in Toronto. It is available online 24/7 so you can fill, refill or transfer prescriptions anytime. Well.ca also offers a variety of wellness professionals through video or phone service, including doctors, naturopaths and dieticians.
Dr. Gerard Kimmons	Dr. Kimmons, MD, FRCP(C), is a specialist in Child Psychiatry, with interests in misbehavior, ADHD, and marital therapy. He is accepting referrals of new patients from primary health care practitioners for assessments which may be covered by OHIP. Referrals can be faxed to 905 850-7919.

ONLINE ACTIVITIES

Words with Friends	A fun way to challenge yourself and friends while building your vocabulary.
Scribd	Currently offering free book downloads for first 30 days of subscription.
Scribe	Currently offering a free course on how to write a book.
Online Museum Tours	Access to 12 Famous Museums that offer tours online.
Art Gallery of Ontario	Browse the AGO's collection online.
Houseparty	An application for up to 8 people to play party games at one time.

Netflix Party	Chat and watch the same TV show or movie at the same time with your friends through this website.
Virtual Book Clubs	Access 10 different virtual book clubs, and recommendations on how to start your own club.

Please note: This resource list contains links to websites and/or content belonging to or originating from third parties and/or links to websites and features in banners or other advertising. Such external links are not investigated, monitored, or checked for accuracy, adequacy, validity, reliability, availability or completeness by us.