



CAMPUS RESOURCES

Student Counselling, Health & Well-being

(Keele campus) and

Accessibility, Well-Being and Counselling

(Glendon campus)

Offers walk-in counselling, emergency support, workshops, groups, and short-term counselling.

(416) 736-5297

Mon-Fri: 9:00am - 5:00pm

Website: [Link to SCHW site.](#)

Website: [Link to AWC site.](#)

Graduate Student Wellness Services

Brief and single-session counselling available through online [booking](#).

Website: [Link to site.](#)

Student Success and Wellness Counselling at Osgoode Hall Law School

Osgoode JD and International LLM OPD students may access individual short-term counselling, information, and referrals by booking an appointment through MyCareer.

AppleTree Medical Centre

Offers walk-in medical services.

(647) 722-2370

York Lanes: 4700 Keele St, Toronto, ON M3J 1P3

Mon-Fri: Hours vary

Website: [Link to site.](#)

COMMUNITY RESOURCES

What's Up Walk In

Offers free counselling supports by phone and video.

1-866-585-6486

Mon-Fri: 9:00am - 7:00pm

Website: [Link to site.](#)

LGBT Youthline

Support for 2SLGBTQ+ youth.

Text: (647) 694-4275

Sun-Fri: 4:00pm - 9:30pm

Website: [Link to site.](#)

Good2Talk

Free 24/7 anonymous counselling for post-secondary students.

Call: 1-866-925-5454

Text: [GOOD2TALKON](#) to 686868

Website: [Link to site.](#)

ConnexOntario

24/7 call, chat and email service for individuals experiencing addiction issues with substances and gambling.

1-866-531-2600

Website: [Link to site.](#)

URGENT SUPPORT

York University Security – Keele & Glendon

Urgent: (416) 736-5333

911 Emergency Services

911

The Centre for Sexual Violence Response, Support & Education

Offers counselling support, accommodation and resources for survivors and witnesses of sexual violence.

24/7 Phone line: (416) 736 - 5211

Website: [Link to site.](#)

To better support international and out-of-province students, York University has partnered with the keep.meSAFE Student Support Program (SSP) to offer a host of resources, including confidential support to students at no cost through the My SSP App and 24/7 real-time support via chat and telephone available anywhere in the world:

Call (Canada & USA): [1-844-451-9700](tel:1-844-451-9700)

Call (Outside of Canada & USA): [+1-416-380-6578](tel:+1-416-380-6578)

Website: [Link to site.](#)



Support is available in English, French, Spanish, Mandarin and Cantonese.

CAMPUS SECURITY

York University Security App

Offers lists of resources, security updates, and more.

Link to download in the App Store: [Link to store.](#)

Link to download in Google play: [Link to store.](#)

York University Security – Keele & Glendon

Non-Urgent: [\(416\) 650-8000](tel:416-650-8000)

(e.g. meet with security personnel who can escort you across campus if you do not want to walk alone).

ONLINE LEARNING RESOURCES

BounceBack:

A free, self-guided, skilled-based program done online. A doctor's referral or self-referral can be made to the program.

Website: [Link to site.](#)

CAMH:

Website for educational information, including an index of mental health terms and online tutorials.

Website: [Link to site.](#)

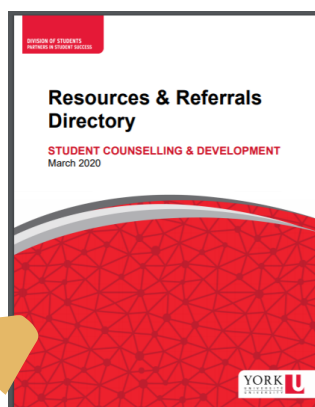
Ontario.ca page for mental health supports

Learn about supports available to you, and how to get help when you need it.

Website: [Link to site.](#)

Looking for something else?

We've got you covered!



Check out our online...

Resources & Referrals Directory

250+ Community Resources

25+ Areas of Support

Website: [Link to directory.](#)