

Mental Health Resource Sheet

Student Counselling, Health & Well-being



Student Counselling, Health & Well-being

Same-day individual counselling available in-person & virtually to all enrolled York University students at Keele, Glendon, and Markham campus

Monday to Friday 9:00AM to 3:00PM

Keele Campus—[The Bennett Centre for Students Services room](#) N110

Glendon Campus—York Hall B108

Markham Campus—Student Services room 2005

To book an appointment or for more information, please visit our **website**— <https://counselling.students.yorku.ca/>

Additional On-campus Resources

Graduate Student Wellness Services

Wellness consultation & counselling services for York University enrolled Graduate students

Website: <https://www.yorku.ca/gradstudies/students/current-students/grad-wellness-services/wellness-consultations/>

Osgood Hall Law School Student Success and Wellness Counselling Services

Short-term counselling and other resources for Osgoode JD and International LLM OPD enrolled students

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

Centre for Indigenous Student Services

Offers 1-1 sessions with the Traditional Counselor for spiritual guidance and counselling, and group sessions on Indigenous cultural teachings

Website: <https://aboriginal.info.yorku.ca/>

York University Psychology Clinic

Mental health services including psychological and neuropsychological assessments, as well as individual, couples, and group therapy. **NOTE: There may be some cost associated with these services.**

Website: <https://www.yorku.ca/health/yupc/>

Free Community Resources—No OHIP Required!

Good2Talk

24/7 anonymous counselling for post-secondary students in Ontario

Call: 1-866-925-5454

Text: GOOD2TALKON to 686868

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

What's up Walk-in

In-person walk-in counselling available at 29 locations across the GTA

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

Additional Supports

York Federation of Students

Health & dental plan for enrolled York University enrolled Undergraduate students

Email: healthplan@yfs.ca

York University Graduate Student Health Plan

Health & dental plan for enrolled York University Graduate students

Email: health@yugsa.ca

Urgent Supports

York University Security
Keele & Glendon
Urgent Call: (416) 736-5333

911 Emergency Services
Urgent Call: 911

Suicide Crisis Helpline
Call or Text: 988

Health & Well-being Resource Sheet



Student Counselling, Health & Well-being

Well-being

The Well-being Resources page at York University offers a comprehensive collection of mental health and well-being resources for students, faculty, and staff. It includes 24-hour support services, counseling options, and various tools to help prioritize mental health and well-being.

Website: <https://www.yorku.ca/well-being/resources/>

Well-being and YU is a podcast created by students for the York community and beyond. Each episode we highlight a topic that is important to our community, sharing resources and conversations that highlight the relationship between well-being and our unique experiences.

Website: <https://students.yorku.ca/counselling/well-being-podcast>

Student Health, Health Education & Promotion

◆ Speak to Public Health Nurses from Student Counselling, Health and Wellbeing about your health-related questions, without an appointment and at no cost.

◆ Check out our blog and explore other health resources

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



◆ Join our Recovery Colleges well-being programming created in collaboration with Ontario Shores Centre for Mental Health Sciences. Courses cover diverse topics that support mental health, well-being, and personal mental-health recovery. **To learn more about Recovery Colleges and upcoming course offerings:**

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

Virtual Well-being Hub

Check out the Virtual Well-being Hub to find tools that will help you prioritize your well-being. Customize your well-being profile and discover a variety of resources across the six dimensions of well-being in this immersive online space!

Website: <https://virtualwellbeinghub.ca>



Additional Health & Well-being Resources

MedCare Connect offers a comprehensive healthcare network in Ontario that combines physical walk-in and family practices with a **virtual healthcare clinic**.

In-Person Locations:

- Markham (500 Copper Creek Drive – inside Walmart)
- Vaughan (3600 Major Mackenzie Drive - Unit # 3 – inside Walmart)
- Brampton (20 Rivermount Rd – Unit B8 & B9)

Website: <https://www.medcareclinics.com/medcareconnect>



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| Gratitude | Self Esteem | Hope | Empowerment |
| Resilience | Strength | Positivity | Joy |
| Mindfulness | Kindness | Balance | Growth |
| Self Care | Happiness | Relaxation | Support |