

**Faculty of Applied Science and Engineering
Student Mental Health Resources**

Do you need assistance for a student?

CRISIS	URGENT		EMERGING
WHEN: <ul style="list-style-type: none"> • medical emergencies • severe drug reactions and overdoses • suicide attempts • violence CONTACT: 9-1-1 (24/7) and/or Campus Police 24/7 (emergency) 416-978-2222	WHEN: <ul style="list-style-type: none"> • in crisis • disturbing behaviour • overwhelmed • verbal or written reference to suicide CONTACT: Student Crisis Response 416-946-7111 Counselling + Psychological Services (CAPS) 416-978-8070	WHEN: <ul style="list-style-type: none"> • personal and community safety concerns • violent thoughts or actions CONTACT: Community Safety Office 416-978-1485 Campus Police 24/7 (non-emergency) 416-978-2323	WHEN: Ongoing persistent difficulties with <ul style="list-style-type: none"> • academic expectations, or • ability to engage in university life CONTACT: Student Retention 416-946-0424 Faculty Registrar's Office (FASE) 416-978-4682

The offices above are open during regular business hours unless otherwise indicated

**** NEW PILOT PROJECT** EMBEDDED COUNSELLING**

Laurie Coleman, who is piloting the new position of Counsellor and Wellness Coordinator, Health and Wellness. Laurie will be located at both the Koffler Student Service Centre and embedded in specific faculties on the St. George campus. Laurie, a registered social worker, will focus on brief time-limited counselling for undergraduate and graduate students. She has developed and delivers skills-building workshops on stress, anxiety and coping, emotional regulation, food & mood, and mindfulness & resiliency.☐

Embedded counselling hours at the Faculty of Engineering are: Wednesday from 12n to 7 p.m. (45 minute sessions), located in Mechanical Engineering, office MC201. Please have students in need of brief time-limited counselling support to contact Laurie via e-mail @ Laurie.Coleman@utoronto.ca or 416-978-1511 in order to make an appointment.

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RESOURCES FOR STUDENTS

Community Safety Office (CSO)

416-978-1485

21 Sussex Avenue, 2nd Floor, U of T

<http://www.communitysafety.utoronto.ca/about-us.htm>

Assesses personal, work-place and community safety risks, provides intervention options, co-creates a safety plan, and refers to and partners with relevant offices. Safety concerns may include stalking and harassment; bullying, intimidation and threats; domestic and family violence; sexual assault; workplace conflict; and thoughts of suicide.

Counselling + Psychological Services (CAPS)

416-978-8070

214 College Street, Main Floor, Koffler Student Service Centre, U of T

<http://caps.utoronto.ca/main.htm>

Provides counselling, therapy, workshops and psychiatric medication services, as well as assessment, treatment and referrals for difficulties adjusting to university life; anxiety, depression and phobias; relationships; disturbances resulting from abuse and assault; prolonged stress, attention and concentration difficulties; and eating and sleeping disorders. Same-day appointments are available on weekdays.

Student Health Services

416-978-8030

214 College Street, Main Floor, Koffler Student Service Centre, U of T

<http://healthservices.utoronto.ca/Main.htm>

Offers students the same services as a family doctor's office, including travel medicine and education; immunization; referrals for specialized treatment; birth control and emergency contraception; disability documentation; and pregnancy support.

Other Resources

Gerstein Crisis Centre (24/7)

416-929-5200

Gerstein Crisis Centre Referrals (24/7)

416-929-9897

Centre for Addiction and Mental Health (Emergency Dept)

416-535-8501 ext. 6885

Distress Centres of Toronto (24/7)

416-408-HELP (4357)

St. Michaels Hospital Crisis Team (Emergency Dept)

416-864-5094

U of T Sexual Harassment Office

<http://www.utoronto.ca/sho/>

U of T Anti-Racism & Cultural Diversity Office

<http://www.antiracism.utoronto.ca/>

U of T Sexual & Gender Diversity Office

<http://www.lgbtq.utoronto.ca/site4.aspx>

U of T Accessibility Services

<http://www.accessibility.utoronto.ca/>

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RESOURCES FOR STAFF AND FACULTY

Community Safety Office (CSO)

416-978-1485

21 Sussex Avenue, 2nd Floor, U of T

<http://www.communitysafety.utoronto.ca/about-us.htm>

Helps staff and faculty determine the level of risk associated with personal, workplace and/or community safety concerns and the need for intervention. Advises on courses of action and the types of support and resources available. Offers workshops that provide practical skills to strengthen staff and faculty's ability to manage individuals in crisis on topics such as:

- Definitions of difficult behavior, crisis, and volatile situations
- Communication skills needed to manage a range of difficult behaviours
- Effective listening, problem identification and needs profiling
- Defusing conflict situations
- Predicting violent behaviour
- Dealing with violent persons
- When to call for help and what to expect

Counselling + Psychological Services (CAPS)

416-978-8070

214 College Street, Main Floor, Koffler Student Service Centre, U of T

<http://caps.utoronto.ca/main.htm>

Assists staff and faculty in assessing the level of risk and appropriate intervention for students in the midst of a crisis, and provides information about appropriate referrals and community resources. Offers workshops and individual consultations around a specific concern, or information on a particular mental health topic to groups of staff and faculty.

Student Crisis Response

416-946-7111

<http://studentlife.utoronto.ca/DistressedStudent.htm>

Consults with staff and faculty who are concerned about students in crisis. Provides assessment and functional response including crisis intervention or triage to other services.

Student Retention Services

416-946-0424

Office of the Vice-President, Student Life, U of T

Consults with staff and faculty about students with complex, ongoing issues that require multiple resources.

Other Resources

Connections: Identifying and Referring Students in Difficulty - assists staff and faculty in identifying and referring students in difficulty. Available at

<http://studentlife.utoronto.ca/docs/Connections.htm>