

I'm looking for...

Medical Care

St George Health & Wellness Centre

Medical clinic addressing a range of health concerns by appointment. Drop-in available on a first-come, first-served basis. Open Mon, Thurs, Fri 9-5; Tues, Wed 9-7. Phone: 416-978-8030  
<https://www.studentlife.utoronto.ca/hwc/contact-us>

UTM Health & Counseling Centre

Medical clinic addressing a range of health concerns by appointment. Open Mon, Tues, Fri 9-5; Wed, Thurs 9-7:30. Phone: 905-828-5255  
<http://www.utm.utoronto.ca/health/our-services>

OHPSA:  
Find a Physician

Find a new Primary Care Provider within Toronto/Mississauga. Available through OHPSA Portal page. E-mail: [ohpsa.admin@utoronto.ca](mailto:ohpsa.admin@utoronto.ca)

OHPSA:  
Personal Counseling

Personal counsellors provide confidential counselling on a wide range of concerns. There is no problem too big or too small. Online appointment booking: <http://www.md.utoronto.ca/content/book-appointment>  
<http://www.md.utoronto.ca/personal-counselling-student-wellness>

Mental Health Support

St George & UTM Wellness Centres

HWC & HCC (see above) also offer psychiatric consultations and personal counselling services for a variety of issues, including sexual assault through the Community Safety Office.  
<http://www.communitysafety.utoronto.ca/assistance.htm>

Substance Abuse

Information page with supports for managing substance use problems, such as the Ontario Medical Association Physician Health Program. Addresses concerns regarding professionalism & confidentiality.  
<http://www.md.utoronto.ca/student-resources-substance-use-disorders-addictions>

CBT Apps

Apps are available to support your CBT practice, such as iCouch CBT and MoodGYM.  
<https://pro.icouch.me/#Benefits> & <https://moodgym.anu.edu.au/welcome/new/splash>

Athletic Facilities

All students are members at U of T's various fitness facilities, including the Athletic Centre & Hart House at St. George, and the UTM Recreation Athletics & Wellness Centre.  
<http://www.athletics.utoronto.ca/facilities.htm>

Physical Health Resources

Drop-in Fitness

Drop-in activities & programs are offered free for all U of T students through the St. George Athletic Centre, Hart House, & UTM Department of Physical Education, Athletics & Recreation.  
<http://www.athletics.utoronto.ca/recreation.htm>

Intramurals

The U of T intramural program is offered to students in all faculties/colleges across the St. George & UTM campuses. Sports include badminton, soccer, hockey, volleyball, hockey, and more.  
<http://www.athletics.utoronto.ca/intramurals.htm>

Academics & Career Support

OHPSA:  
Career Counseling

Career counsellors available for one-on-one appointments throughout the 4 years, providing a variety of services and resources to aid in career exploration & selection. Phone: 416-978-2764  
<http://www.md.utoronto.ca/career-counselling>

OHPSA: Academic Coaching & PREP

Develop individualized academic plans one-on-one with an academic coach. For first years, PREP offers the opportunity to collaborate in small group learning communities facilitated by second year students.  
<http://www.md.utoronto.ca/academic-coaching-prep>

Financial Support

Financial Aid Office

Offers scholarships, awards, grant and bursaries for medical students. Provides information about government assistance programs, professional student lines of credit. E-mail: [medicine.financeawards@utoronto.ca](mailto:medicine.financeawards@utoronto.ca) <http://www.md.utoronto.ca/finances-awards>

I'm looking for...

Equity & Diversity

Multi-Faith Centres

Aims to support spiritual well-being & to increase our respect for religious beliefs and practice.  
St. George Multi-Faith Centre: <https://www.studentlife.utoronto.ca/mf>  
UTM Centre for Student Engagement: <https://www.utm.utoronto.ca/student-life/multifaith/prayer-spaces-u-t>

Sexual & Gender  
Diversity Office

The SGDO provides education, programming, resources and advocacy on sexual and gender diversity for students at all U of T campuses, including LGBTQ counselling via Counselline.  
<http://sgdo.utoronto.ca/> <http://sgdo.utoronto.ca/getting-help/counselline-lgbtq-counselling/>

First Nations House

Available at all U of T campuses, First Nations House offers a variety of supports geared towards Aboriginal students, including Elders & Traditional Teachers, financial advising and Aboriginal student groups.  
<https://www.studentlife.utoronto.ca/fnh>

Other Equity Offices

For a list of the University of Toronto's other equity & diversity resources & offices, see:  
<http://equity.hrandequity.utoronto.ca/#offices>

St G HWC:  
Nutrition Counseling

Nutritional counselling with a dietician. By appointment at the Health & Wellness Centre.  
Phone: 416-978-8030  
<https://www.studentlife.utoronto.ca/hwc/services-offered>

Eating Well

UTM HCC:  
Nutrition Counseling

Nutritional counselling with a dietician. Drop-in or by appointment at the UTM Health & Counselling Centre.  
Phone: 905-828-5255 Email: [health.utm@utoronto.ca](mailto:health.utm@utoronto.ca)  
<http://www.utm.utoronto.ca/health/our-services/nutritional-counsellingdietitian>

UTM HCC:  
Healthy Eating Online

Online resources for nutrition and healthy eating.  
<http://www.utm.utoronto.ca/health/health-promotion/nutrition-healthy-eating>

Meds' Mindfulness  
Group

Mindfulness Elective (8 week speaker series) running mid-January through March with various speakers and mindfulness meditation incorporated into sessions. E-mail: [uoftmeds.mindfulness@gmail.com](mailto:uoftmeds.mindfulness@gmail.com)  
Facebook page: <https://www.facebook.com/groups/medsmindfulness/?fref=ts>

Mindfulness

UTM Mindfulness  
Meditation

Try various mindfulness exercises weekly at free drop-in sessions.  
Wednesdays from 12-1 pm in RAWC multipurpose room B.  
<http://www.utm.utoronto.ca/health/health-promotion/mental-health/mindfulness-meditation>

St G Mindful Moments

Join free weekly mindfulness meditation and yoga sessions Monday through Fridays at various locations across campus to increase your relaxation and focus. <https://www.studentlife.utoronto.ca/hwc/mindful-moments>

SHINE

Organizes monthly wellness seminars and workshops to promote student wellness, academic development, and career exploration in partnership with OPHSA. E-mail: [shine.utmed@gmail.com](mailto:shine.utmed@gmail.com)  
Facebook: <https://www.facebook.com/Student-Health-Initiatives-and-Education-SHINE-883671141708595/>

Wellness Promotion

Faculty of Medicine  
Student Organizations

The Faculty of Medicine recognizes a variety of student organizations, societies, clubs and interest groups for extracurricular involvement.  
<http://www.md.utoronto.ca/student-life>

Hart House:  
Weekly Wellness

Weekly Wellness programs designed to help students de-stress, connect with self & others, and find balance. Features Healthy Habit Mondays, Board Game Tuesdays, Mindful Wednesdays & Crafty Thursdays.  
<http://harthouse.ca/fitness/weeklywellness/>



For a crisis occurring outside of OHPSA office hours:

PARO:  
Professional  
Association of  
Resident

24hr crisis intervention as well as referrals for services including: family physicians, stress management, and drug & alcohol counselling. **Confidential toll-free crisis line: 1-866-435-7362**  
[http://www.my-paro.ca/About PARO](http://www.my-paro.ca/About_PARO)

Gerstein Centre

24hr crisis intervention as well as mobile crisis and other mental health services.  
<http://www.gersteincentre.org/>

Hospital Emergency  
Department

Students may also visit the closest emergency department for support.