

MENTAL WELLNESS HANDBOOK

SKULE™ MENTAL
WELLNESS



WHO ARE WE?

Skule™ Mental Wellness (SMW) is the University of Toronto's mental wellness directorship for engineering students, which recognizes and addresses the importance and impact of mental health and wellness in everyday life. Our goals involve promoting and educating students on positive mental wellness practices, hosting de-stressing activities throughout the year, being a non judgmental liaison for obtaining both on and off campus resources, and creating a greater sense of community in Skule™. We wish to remind members of the Skule™ community that they are not alone, and that there are various resources and practices available for help.

WAYS TO REDUCE STRESS

- **Drop an obligation:** If you're juggling with many commitments and it is getting too much for you, talk to your club/team members to reduce your workload
- **Identify your stressors:** Try to identify possible reasons for your stress, jot them down and look at them in the beginning of the week to manage them better
- **Eat and sleep well:** An easily overlooked but extremely important point. Eat healthily and regularly and try to follow a sleep schedule.
- **Take up a hobby as a destressor:** Make time for your hobbies to unwind and clear your mind
- **Make physical activity part of your daily routine:** Exercise releases endorphins which can help you deal with stress.
- **Take time out for friends and family members:** Set aside time at least once a week to do something fun with your friends or family members, and during that time try not to think about school or work
- **Learn relaxation techniques:**
 - a. Meditation and Yoga: Join free classes at Uoft!
 - b. Deep Breathing: Deep breathing is when you breathe from your 'core' or your diaphragm to relax.
 - c. Music: Center your focus on your favourite tunes to clear your mind
 - d. Get creative: Art is a great way to express yourself and let your feelings out.

UOFT RESOURCES

ST. GEORGE HEALTH AND WELLNESS CENTRE

www.studentlife.utoronto.ca/hwc

214 College Street, 2nd Floor, Suite #232, Toronto, ON M5T 2Z9
416-978-8030

The Health and Wellness Centre provides the same health services as your family doctor. In addition to general health services, they provide individual psychotherapy, pharmacotherapy, on location counselling, and group therapy. They also run a number of workshops including Better Breathing, Better Skills, Mindful Moments: Meditation and Yoga, Mindful Eating: Food and Mood, safeTALK: Suicide alertness for everyone, and others.

MULTI-FAITH CENTRE

www.studentlife.utoronto.ca/mf

569 Spadina Avenue Toronto, ON M5S 2J7
416-946-3120

The Multi-Faith centre runs a large variety of programs during the year to help students grow while exploring meaning, purpose, and identity. The programs and facilities encourage interfaith dialogue and learning for all students, as well as healthy living. Their programs include Meditation and Yoga, JourneyDance, monthly Massage Days, and more. You can also connect with chaplains of a number of different denominations and you can find a full list of the campus chaplains through the Multi-Faith Centre website.

LINKMENTALHEALTH

www.linkmentalhealth.com

LinkMentalHealth is a platform that connects people to in-person therapy regardless of what they can afford. On the platform, you will be able to see the coverage you receive through the UTSU's health insurance plan. They also provide a list of free counseling programs available in your area and includes their wait times.

FEELING DISTRESSED?

Academic Distress

Academic Success 416-978-7970
Accessibility Services 416-978-8060
Engineering Registrar 416-978-1866,
registrar@ecf.utoronto.ca

Financial Distress

If you are experiencing unexpected circumstances that are leading to financial difficulties, contact the Engineering Registrar at 416-978-1866, or email them at registrar@ecf.utoronto.ca

Housing Distress

Housing services 416-978-8045 ext. 0
If it is after hours and you don't have a place to stay, contact: Campus Police 416-978-2323

Emergency During University

(Business hours: 9 am – 5 pm, Monday to Friday)
safety.utoronto.ca
Community Safety Office 416-978-1485
Sexual Harassment Office 416-978-3908

24/7 Emergency On-Campus

Campus Police 416-978-2323

Call 911 in situations requiring immediate police, fire, or medical response to preserve life or property. To ensure prompt service, contact Campus Police after calling 911

ADVISORS

INCLUSION AND TRANSITION ADVICE

Mikhail Burke, Inclusion & Transition Advisor

mikhail.burke@ecf.utoronto.ca

INTERNATIONAL STUDENTS TRANSITION ADVICE

Book an appointment by logging in to clnx.utoronto.ca and clicking the "Appointments" tab. Then look for the "Centre for International Experience" section.

CORE 8 FIRST YEAR

First Year Office

firstyear@ecf.utoronto.ca

416-978-4625

35 St. George Street (Galbraith Building), Room 170

CHEMICAL ENGINEERING (UPPER YEARS)

Vanessa Andres, Academic Advisor

ugrad.chemeng@utoronto.ca

(416) 978-5336

WB216 (Room 216, Wallberg Building)

COMPUTER & ELECTRICAL ENGINEERING (UPPER YEARS)

General Inquiries

askece@ecf.utoronto.ca

Leanne Dawkins, Academic Advisor

leanne.dawkins@utoronto.ca

(416) 978-8570

SF-B600 (Room B600, Sandford Fleming Building)

CIVIL & MINERAL ENGINEERING (UPPER YEARS)

Shayni Curtis-Clarke, Academic Advisor

shayni@civ.utoronto.ca

(416) 978-5905

GB105 (Room 105, Galbraith Building)

ENGINEERING SCIENCE (ALL YEARS)

General Inquiries: asknsci@ecf.utoronto.ca

David Bird, Undergraduate Advisor, Years 1 & 2

nsci1_2@ecf.utoronto.ca

(416) 946-7351

Brendan Heath, Academic Advisor, Years 3 & 4

nsci3_4@ecf.utoronto.ca

(416) 946-7352

BA2110 (Room 2110, Bahen Centre for Information Technology)

INDUSTRIAL & MECHANICAL ENGINEERING (UPPER YEARS)

Gayle Lesmond, Academic Advisor

undergrad@mie.utoronto.ca

(416) 978-6420

MC 109 (Room 109, Mechanical Engineering Building)

MATERIALS ENGINEERING (UPPER YEARS)

Sabrin Mohamed, Academic Advisor

maria.fryman@utoronto.ca

(416) 978-7308

WB140 (Wallberg Building)

CROSS-DISCIPLINARY OFFICE (ENGINEERING MINORS & CERTIFICATES)

Sharon Brown, Academic Advisor

cdp@ecf.utoronto.ca

416-978-3532

44 St. George Street

SCHOLARSHIPS & FINANCIAL AID

Pierina Filippone, Assistant Registrar,

Scholarships&Financial Aid

awards@ecf.utoronto.ca

416-978-4159

GB 157 (Room 157, Galbraith Building)

You can also book an appointment online through the advising portal at portal.engineering.utoronto.ca/weblogin/sites/Advising/

OFF-CAMPUS MENTAL HEALTH SERVICES

SKYLARK CHILDREN, YOUTH & FAMILIES

www.skylarkyouth.org

'What's Up' Walk-in Clinic: 65 Wellesley Street E., Unit 500

Youth Wellness Hub: 40 Orchard View Blvd., Unit 102 (lower level)

Skylark offers free, walk-in counselling services for youth, with no health card or appointment necessary. Skylark has various locations throughout Toronto, including near Wellesley & Eglinton stations.

HARD FEELINGS

www.hardfeelings.org

848 Bloor Street West, Toronto, ON M6G 1M2

Hard Feelings is a non-profit mental health service offering a welcome, inclusive environment with affordable counselling options. Short term counselling options (about 10-12 sessions) are available for young adults aged 18 and older

STELLA'S PLACE

stellasplace.ca

18 Camden Street, Toronto, ON M5V 1V1

Stella's Place offers comprehensive mental health services for youth and adults aged 16 to 29. Free, walk-in counselling is available on Tuesdays and Thursdays between 3-5 pm.

GRIFFIN CENTRE

www.griffin-centre.org

1126 Finch Ave West, Unit 16, Toronto, ON M3J 3J6

Griffin Centre is an accredited, non-profit mental health agency offering walk-in counselling to ages 29 and under. Service is offered in languages including English, Mandarin, Hindi and more.

Call 911 in situations requiring immediate medical response

MENTAL HEALTH DISTRESS HELPLINES

Good 2 Talk Student Helpline 1-866-925-5454

Gerstein Centre Crisis Line 416-929-5200

Mental Health Helpline (Ontario) 1-866-531-2600

Drug and Alcohol Helpline 1-800-565-8603

Ontario Problem Gambling Helpline 1-888-230-3505

24/7 EMERGENCY OFF-CAMPUS

Assaulted Women's Helpline 416-863-0511, TTY/ATS 416-364-8762

Toronto Rape Crisis Centre 416-597-8808

York Region Women's Sexual Assault Helpline 905-895-7313

Peel Rape Crisis Centre 905-273-9442

CONTACT US!



@SkuleMW



@skulementalwellness



mentalwellness@skule.ca



<http://wellness.skule.ca/>