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Community Mental Health and Wellness Resources

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UTFA is deeply saddened to hear of the tragic death of a student at the Bahen Centre. We will respect the family's request for privacy.

We are posting here on our site the memo the University Administration has sent to faculty, librarians, and staff. Please note the heading in the memo marked How You Can Help Students in Distress.

UTFA will be speaking with the University Administration and representatives of both graduate and undergraduate students about what our members might do to understand more fully the serious mental health issues facing our students.

Community Mental Health and Wellness Resources

Kelly Hannah-Moffat, Vice-President, Human Resources & Equity, University of Toronto

The past few days have been very difficult for members of our tri-campus community. In particular, we know that there are individuals who have been affected by the recent death of a student at the Bahen Centre. Our thoughts are with this student's family, friends and colleagues. The University is honouring the wishes of the family, who have asked for privacy, and we continue to provide whatever assistance and supports we can to them at this heartbreaking time.

The impact of tragic incidents like this ripple far beyond the University community.

The University cares about the well-being of all members of our community. As our students are reminded of the resources available to them, we acknowledge that faculty and staff are not immune to the significant impacts of prolonged stress and mental illness. Please know that there are resources available to staff and faculty, as well, should you or someone you know wish to access them.
How You Can Help Yourself and Colleagues

Appointed staff and faculty have access to the Employee & Family Assistance Program (EFAP), offered through Homewood Health. This is a free, confidential, service available for staff, faculty, and their families whenever they need it. You can reach out to Homewood Health directly at any time by calling 1-800-663-1142. Information on the program can be found on the HR & Equity website or by contacting your Divisional HR Office.

Additional 24/7 support outside the University is available through the Gerstein Centre, where Crisis Workers are available by phone at 416-929-5200 and through the Toronto Distress Centre at 416-408-HELP (4357). CAMH's Center for Addiction and Mental Health is also open 24/7 at 250 College Street. All of these services are free and available 24 hours a day, 7 days a week.

We encourage anyone who may need assistance to please reach out to one of the resources listed above, or to contact their Divisional HR Representative for more information on the available supports.

We will continue to raise awareness about issues related to mental health and wellness and the range of resources that are available to our community both on and off campus. We will continue to build skills of those in front-facing and leadership roles to increase our capacity to support those who struggle with mental health challenges in the workplace. This is part of our continued commitment to advance an intentionally inclusive environment where all members know and feel they belong, and are fully supported in accessing the resources they need.

How You Can Help Students in Distress

Students seeking support at U of T St. George can access mental health services at Health and Wellness (416-978-8030). They may also visit them in person at Koffler Student Services.

Students at U of T Mississauga can access mental health services at the Health & Counselling Centre (905-828-5255). Students at U of T Scarborough can access mental health services at the Health & Wellness Centre (416-287-7065).

Students also have access to Good 2 Talk (1-866-925-5454). This is a free, confidential helpline providing counselling and referrals for post-secondary students in Ontario, and it is available 24 hours a day, 7 days a week. Good 2 Talk is staffed by trained therapists and counsellors. U of T works closely with Good 2 Talk and they are aware of the University's services and supports.

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