

Mental Health Resources

Jack.org: Ryerson Chapter

Mental Health & University

The American College Health Association found that in 2016, in the past 12 months,

64%
of students felt hopeless.

71%
of students felt very lonely.

67%
of students felt overwhelming anxiety.

15%
of students considered suicide.

About Jack.org Ryerson Chapter

Jack.org is Canada's only charity that trains and empowers young leaders to revolutionize mental health.

At Ryerson's Jack Chapter, we understand that being in college or university can present mental health challenges—that's why we've assembled this list of mental health resources.



Scan our QR code for our full list of mental health resources.

jack.org_ryerson Jack.org Ryerson

Wellbeing

ryerson campus resources

Student Health Assistance and Resilience Program (SHARP)

FREE ONLINE PHONE

SHARP is designed to help you develop lifelong skills for managing your health and wellbeing.

SHARP Ambassadors work 1:1 with students to connect them to helpful campus resources and create a personalized plan that will enable you to make healthy lifestyle changes.

For more info:

sharp@ryerson.ca
ryerson.ca/healthandwellness/healthpromotion/sharp

Ryerson Tri-Mentoring Program

FREE

The Tri-Mentoring Program strives to assist Ryerson students to achieve personal goals, academic achievements, and career success by building meaningful relationships with peers, industry professionals and the community.

In addition to peer to peer mentoring, this program offers group mentoring for students who identify as part of an equity-seeking group to connect and share their experiences.

For more info:

tmentor@ryerson.ca
ryerson.ca/studentlife/trimentoring

Wellbeing

off campus resources

Good2Talk: Call 1-866-925-5454

FREE 24/7 PHONE

An anonymous helpline for post-secondary students in Ontario. Students can receive professional counselling, information and referrals for mental health, addictions, and wellbeing. You can also text GOOD2TALKON to 686868.

For more info:

good2talk.ca/ontario

Central Toronto Youth Services

FREE PHONE

A program that offers outreach programs for young adults aged 14-24, specializing in coping with anxiety, depression, anger, and marginalization.

For more info:

ctys.org

web resources

Mindshift CBT

FREE APPLE ANDROID

This interactive app uses scientifically proven strategies based on Cognitive-Behavioural Therapy to help you learn to be relaxed and mindful. It offers mood trackers, guided meditations, and anxiety coping tips.

Therapy

ryerson campus resources

Centre for Student Development and Counselling

FREE 24/7 PHONE VIDEO

The CSDC currently provides 2 options for accessing counselling services:

1. The center has partnered with **Keep.meSAFE** to provide free virtual counselling services using the **My SSP** app. The app provides 24/7 mobile access to licensed counselors by telephone and mobile chat.

2. The CSDC will continue to provide counselling appointments virtually through telephone or video during Fall 2020:

- Appointment times are offered between 9am-5pm
- Services offered include same-day appointments, brief counselling, ongoing counselling support, and information and referral (i.e. support in connecting with community-based or other campus-based resources)
- Wait times will vary

For more info:

416-979-5195 | csdc@ryerson.ca
ryerson.ca/healthandwellness/counselling

My SPP App is available on Google Play or Apple Store or dial 1-844-451-9700 to access services by phone.

Therapy

ryerson campus resources

Ryerson Medical Centre

FREE PHONE VIDEO

The medical center allows you to speak to a physician for mental health support through telephone and video-conferencing. Appointments should be pre-booked. It operates Monday-Friday, 9AM-5PM (Closed for Lunch 11:50am-1pm).

Most services are covered by various health plans but click the "policies" link on their website for more information on services not covered by insurance.

For more info:

416-979-5070 | medicalct@ryerson.ca
ryerson.ca/healthandwellness/medicalcentre

off campus resources

Skylark Youth

FREE PHONE

Skylark offers individual and family counselling to youth in Toronto.

For more info:

416-482-0081 | skylarkyouth.org

Therapy

web resources

MyWellness by RSU

DESKTOP VIDEO

MyWellness provides an extensive mental health toolbox, mental health assessments, wellness resources, and online counselling.

Students are matched with the right counsellor based on their needs. Appointments are available throughout the day including evenings and weekends. Same-day appointments are typically available.

The first 10 counselling sessions are covered by your student benefits. All subsequent sessions are \$37.50 per thirty minutes (that's roughly 50% less than the national average).

For more info and to book appointments:

mywellnessplan.ca

Psychology Today

DESKTOP

Allows you to search for therapists based on your area, insurance provider, preferences, and needs.

For more info:

psychologytoday.com/ca/therapists

In Crisis?

If you or someone else is at risk of serious harm, call 911.

Toronto Distress Centres:

416-408-4357 (24/7)

Kids Help Phone:

1-800-668-6868 (24/7)

Good2Talk Helpline:

1-866-925-5454 (24/7)

Ryerson's Centre for Student Development and Counselling:

416-979-5195 (Mon-Fri | 9am-5pm)

Social Media

Follow us on Facebook and Instagram for content on mental health awareness and resources.

jack.org_ryerson

Jack.org Ryerson

Disclaimer

This information was compiled in August 2020 based on the latest updates for the Fall 2020 semester, but may be subject to change thereafter. For more detailed and up-to-date information please check each resource's website.