The University of St. Michael’s College strives to promote a healthy, inclusive, and supportive environment that fosters individual and communal holistic health and well-being.
GENERAL COUNSELLING
St. Mike’s Wellness Counsellor
Appointment-based counselling
Nicole Lacy, nicole.lacy@utoronto.ca

Health & Wellness at UofT
Walk in & appointment-based counselling
416-978-8030 (9:00-4:30pm)
https://studentlife.utoronto.ca/service/mental-health-care/

Catholic Family Services
Walk in & appointment based counselling
www.cfsstoronto.com

CRISIS SUPPORT SERVICES
Toronto Distress Centre
416-408-HELP (4357)

Gerstein Crisis Centre
24-hour phone line
416-926-5200

Toronto Rape Crisis Centre
24-hour phone line
416-597-8808

Sexual Assault & Domestic Violence Care Centre
416-323-6040

UofT Sexual Violence Prevention and Support Centre
thesvpcentre@utoronto.ca

INTERNATIONAL STUDENT SUPPORT
St. Mike’s International Student Resource Page
https://stmikes.utoronto.ca/community/international-student-experience

Centre for International Experience UofT
www.studentlife.utoronto.ca/cie

International students are also encouraged to make an appointment with Health and Wellness as soon as possible to coordinate a family doctor:
https://studentlife.utoronto.ca/service/registration-appointments-forms-policies/

SOCIAL & COMMUNITY SUPPORT
St. Mike’s Manager of Community Wellness
Emily VanBerkum-Farahat
For resource navigation appointments, email: emily.vanberkum@utoronto.ca

St. Mike’s Campus Life
Follow @ustmikesstudents on Instagram

St. Michael’s College Student Union
Follow @usmcsu on Instagram

St. Mike’s Clubs & Groups
https://stmikes.utoronto.ca/community/campus-life

University of Toronto Clubs & Groups
www.ulife.utoronto.ca

SPiritual SUPPORT
St. Mike’s Campus Ministry
Director of Campus Ministry, Sonal Castelino
s.castelino@utoronto.ca

Visit: https://stmikes.utoronto.ca/community/spiritual-life-campus-ministry

St. Basil’s Catholic Parish
www.stbasiltoronto.org

The Multi-Faith Centre
www.studentlife.utoronto.ca/mf

ACADEMIC SUPPORT
St. Michael’s Writing Centre
library.stmikes.utoronto.ca/research/

Academic Success Centre UofT
www.studentlife.utoronto.ca/asc

Accessibility Services UofT
www.studentlife.utoronto.ca/as

PHYSICAL HEALTH
USMC Intramural Sports
Email athletic.smcsu@gmail.com
Follow @smcsuathletics on Instagram

Athletics at UofT
Email athletics@utoronto.ca

UofT Sport and Recreation
https://recreation.utoronto.ca/

In need of urgent help?
24/7 CRISIS SERVICES

Emergency Services
Fire, Ambulance, or Police
Call 9-1-1

Good2Talk
24-hour phone counselling
1-855-925-5454

U of T Telus Health Student Support
24-hour phone and chat counselling
North America: 1-844-451-9700
Outside North America: 001-416-380-6578

Download the app.

SCAN QR CODE FOR ACCESS TO LINKS

FOR MORE INFORMATION VISIT:
https://stmikes.utoronto.ca/health-and-wellness-resources