



# NAVIGATE COMMUNITY RESOURCES & SUPPORT FOR YOUR WELLNESS JOURNEY

*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.*



UNIVERSITY OF  
**ST. MICHAEL'S COLLEGE**  
IN THE UNIVERSITY OF TORONTO

## GENERAL COUNSELLING

St. Mike's Wellness Counsellor  
Appointment-based counselling  
Nicole Lacy, [nicole.lacy@utoronto.ca](mailto: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/men-tal-health-care/>

## Catholic Family Services

Walk in & appointment based counselling  
[www.cfstoronto.com](http://www.cfstoronto.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](mailto:thesvpcentre@utoronto.ca)

## PHYSICAL HEALTH

### USMC Intramural Sports

Email [athletic.smcsu@gmail.com](mailto:athletic.smcsu@gmail.com)  
Follow @smcsuathletics on Instagram

### Athletics at UoFT

Email [athletics@utoronto.ca](mailto: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](#).

## 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](http://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/>

## SCAN QR CODE FOR ACCESS TO LINKS



## SOCIAL & COMMUNITY SUPPORT

St. Mike's Manager of Community Wellness  
Emily VanBerkum-Farahat  
For resource navigation appointments, email:  
[emily.vanberkum@utoronto.ca](mailto: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](http://www.ulife.utoronto.ca)

## SPIRITUAL SUPPORT

### St. Mike's Campus Ministry

Director of Campus Ministry, Sonal Castelino  
[s.castelino@utoronto.ca](mailto:s.castelino@utoronto.ca)

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

### St. Basil's Catholic Parish

[www.stbasiltoronto.org](http://www.stbasiltoronto.org)

### The Multi-Faith Centre

[www.studentlife.utoronto.ca/mf](http://www.studentlife.utoronto.ca/mf)

## ACADEMIC SUPPORT

### St. Michael's Writing Centre

[library.stmikes.utoronto.ca/research/](http://library.stmikes.utoronto.ca/research/)

### Academic Success Centre UoFT

[www.studentlife.utoronto.ca/asc](http://www.studentlife.utoronto.ca/asc)

### Accessibility Services UoFT

[www.studentlife.utoronto.ca/as](http://www.studentlife.utoronto.ca/as)



FOR MORE INFORMATION VISIT:

<https://stmikes.utoronto.ca/health-and-wellness-resources>