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.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

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/

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

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

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

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