



CAMPUS RESOURCES

Student Counselling, Health & Well-being

(Keele campus) and

Accessibility, Well-Being and Counselling

(Glendon campus)

Offers walk-in counselling, emergency support, workshops, groups, and short-term counselling.

(416) 736-5297

Mon-Fri: 9:00am - 4:00pm

Website: [Link to SCD site.](#)

Website: [Link to AWC site.](#)

Graduate Student Wellness Services

Brief and single-session counselling available through online [booking](#).

Website: [Link to site.](#)

Student Success and Wellness Counselling at Osgoode Hall Law School

Osgoode JD and International LLM OPD students may access individual short-term counselling, information, and referrals by booking an appointment through MyCareer.

AppleTree Medical Centre

Offers walk-in medical services.

(647) 722-2370

York Lanes: 4700 Keele St, Toronto, ON M3J 1P3

Mon-Fri: Hours vary

Website: [Link to site.](#)

COMMUNITY RESOURCES

What's Up Walk In

Offers free counselling supports by phone and video.

1-866-585-6486

Mon-Fri: 9:00am - 7:00pm

Website: [Link to site.](#)

LGBT Youthline

Support for 2SLGBTQ+ youth.

Text: (647) 694-4275

Sun-Fri: 4:00pm - 9:30pm

Website: [Link to site.](#)

Good2Talk

Free 24/7 anonymous counselling for post-secondary students.

Call: 1-866-925-5454

Text: [GOOD2TALKON](#) to 686868

Website: [Link to site.](#)

ConnexOntario

24/7 call, chat and email service for individuals experiencing addiction issues with substances and gambling.

1-866-531-2600

Website: [Link to site.](#)

URGENT SUPPORT

York University Security – Keele & Glendon

Urgent: (416) 736-5333

911 Emergency Services

911

The Centre for Sexual Violence Response, Support & Education

Offers counselling support, accommodation and resources for survivors and witnesses of sexual violence.

24/7 Phone line: (416) 736 - 5211

Website: [Link to site.](#)

24/7 support via telephone or chat is available through the My SSP app. The app can be downloaded through the website below:

Call (Canada & USA): [1-844-451-9700](tel:1-844-451-9700)

Call (Outside of Canada & USA): [+1-416-380-6578](tel:+1-416-380-6578)

Website: [Link to site.](#)

CAMPUS SECURITY

York University Security App

Offers lists of resources, security updates, and more.

Link to download in the App Store: [Link to store.](#)

Link to download in Google play: [Link to store.](#)

York University Security – Keele & Glendon

Non-Urgent: [\(416\) 650-8000](tel:416-650-8000)

(e.g. meet with security personnel who can escort you across campus if you do not want to walk alone).

ONLINE LEARNING RESOURCES

BounceBack:

A free, self-guided, skilled-based program done online. A doctor's referral or self-referral can be made to the program.

Website: [Link to site.](#)

CAMH:

Website for educational information, including an index of mental health terms and online tutorials.

Website: [Link to site.](#)

Togetherall:

Free anonymous mental health support forum.

Website: [Link to site.](#)

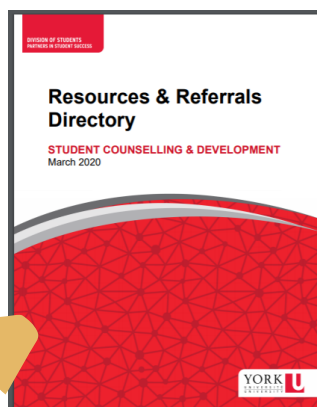
Ontario.ca page for mental health supports

Learn about supports available to you, and how to get help when you need it.

Website: [Link to site.](#)

Looking for something else?

We've got you covered!



Check out our online...

Resources & Referrals Directory

250+ Community Resources

25+ Areas of Support

Website: [Link to directory.](#)

*Student Counselling, Health & Well-being was formerly Student Counselling & Development, Division of Students and Health Education and Promotion, Division of Students