

UTM Resources

UTM Health & Counselling Centre | 905-828-5255

Offers personal counselling, group counselling and psychiatric care to assist students experiencing a wide range of challenges.

Accessibility Services | 905-569-4699

Offers services and academic accommodations to students who have a documented learning, physical, sensory, mental health disability or medical condition.

Campus Police | 905-828-5200 - Campus Police Emergency | 905-569-4333

Dedicated to creating and maintaining a safe and secure environment for students, staff and visitors.

Equity & Diversity Office | 905-569-4916

Promotes an equitable and inclusive campus community, free from discrimination or harassment. Provides programs and services to students, staff, and faculty at UTM. Responds to concerns, resolves conflicts, and manages complaints of discrimination and harassment.

Sexual Violence Prevention & Support Centre (Tri-Campus) | 416-978-2266

Have you experienced sexual violence or sexual assault?

The SVPS Centre can help with next steps, medical treatment, support, and the option to have a Sexual Assault Evidence Collection Kit exam.

Community Safety Office (Tri-Campus) | 416-978-1485

Offers support, advice and information about intervention options for individuals who have had their personal safety compromised. They will assist in the development of a safety plan and provide referrals to appropriate resources on/off campus.

Greater Toronto Area Mental Health Resources

Good2Talk - Ontario's Post-Secondary Student Helpline | 1-866-925-5454

A free, completely confidential and anonymous service that offers students professional counselling, mental health information and connections to local resources. The service is available 24/7/365 in both English and French.

My Student Support Program | 1-844-451-9700

My SSP (formally keep.meSAFE) offers students immediate and confidential access to culturally relevant counselling in their native language, day or night. Students have the option of connecting with a professional counsellor via an app or by mobile phone, online chat, video, email or in person.

Peel Crisis Services & Coast | 905-278-9036

Offers 24-hour crisis intervention services (phone and outreach) to people with mental illness

who are in crisis. Phones are staffed by mental health workers. Outreach in response to a crisis in the community is done by a mental health worker and a specially trained police officer.

Spectra Helpline |

905-459-7777 English, Punjabi, Urdu, Hindi, Spanish & Portuguese (Mississauga & Brampton)

905-459-7770 English (Caledon)

416-920-0497 Mandarin & Cantonese

905-278-4890 TTY

Serving Mississauga, Brampton and Caledon. Offers 24-hour, anonymous and confidential distress and emotional support lines for anyone who needs a caring, compassionate, and non-judgmental listening ear.

Distress Centres of Toronto | 416-408-4357

Confidential support and referrals provided by volunteers 24 hours a day. Interpreters for callers in crisis are available in 151 languages. TTY service available for the hearing impaired.

Distress Centre Oakville | 905-849-4541

Confidential support and referrals provided by volunteers 24 hours a day.

Victim Services of Peel |

Offers 24-hour immediate crisis intervention to persons victimized by crime or tragic circumstances in the Peel community.

Lesbian Gay Bi Trans Youth Line | 416-962-9688

Offers a toll-free Ontario-wide peer-support phone line (and TTY) for lesbian, gay, bisexual, transgender, transsexual, 2-spirited, queer and questioning young people. Sunday-Friday 4pm - 9:30pm

Trillium Hospital – Mississauga Crisis Team | 905-848-7495

Offers assessments and counselling to adults who are experiencing a mental health crisis. This can include people suffering from depression, anxiety, relationship difficulties, stress, and family crisis as well as those who are suicidal, or who are family members of trauma victims.

Interim Place | 905-676-8515 or 905-403-0864; TTY - 905-676-0284 or 905-403-0453

Offers 24-hour crisis line, online chat, and in-person counselling and support, referrals, information about sexual abuse and assault.

Hope 24/7 | 1-800-810-0180

Offers 24-hour crisis line, online chat, and in-person counselling and support, referrals, information about sexual abuse and assault

Credit Valley Hospital – Emergency Department | 905-813-2200

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