

Sept. 28, 2020

Re: Mental Health Support Website

Dear UTM Community,

I write with good news! The Office of Student Affairs and Services has created a new Mental Health Supports Website. It will assist students, faculty, and staff—wherever they now live—to find the appropriate wellness resources and connect with meaningful forms of support. The website organizes mental health resources by category and location, noting instances where the University of Toronto shares support services with the larger community.

To ensure students, staff, and faculty receive the most current resources for mental health, departments may consider adding a link on their websites to the Mental Health Supports page: <https://www.utm.utoronto.ca/mental-health-supports/>. The page will be updated regularly as our resources continue to change and grow!

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