
MENTAL HEALTH RESOURCE LIST

HUMBER COLLEGE AND UNIVERSITY OF GUELPH-HUMBER SERVICES

FOR STUDENTS

STUDENT WELLNESS AND ACCESSIBILITY CENTRES

- counselling@humber.ca
- healthcentre@humber.ca

Currently, health, counselling, and accessibility services are offered remotely: by telephone or video

Messages will be checked and attended to Monday -Friday, 8:30am - 4:30 pm.

The **Student Support & Intervention Coordinator Team** can be reached via email: sicsupport@humber.ca

THERAPY ASSISTED ONLINE (TAO)

- <http://ThePath-ca.TAOconnect.org>
- Sign-up with your Humber Mail or University of Guelph-Humber Email

FOR STAFF/FACULTY

EMPLOYEE ASSISTANCE PROGRAM

- [1.844.880.9142](tel:18448809142)
- <https://www.workhealthlife.com/>
- Human Resource Business Partner

EXTERNAL RESOURCES

POST-SECONDARY RESOURCE FOR STUDENTS

GOOD2TALK

- 1.866.925.5454 (available 24/7)
- [Text GOOD2TALKON to 686868](https://www.good2talk.ca/)

ONTARIO RESOURCES:

- **Big White Wall:** An online peer to peer support community: www.bigwhitewall.com
- **Talk4healing** (for Indigenous women) [1 855-554-HEAL \(4325\)](tel:18555544325)

NATIONAL RESOURCES:

- Crisis Services Canada: provides 24/7 support to people in Canada. Call 1-800-456-4566 or text 45645.
- National Suicide Prevention Lifeline: provides 24/7, Call 1-800-273-8255.

If you are concerned about the safety of yourself or another call 9-1-1



USEFUL TIPS FOR SUPPORTING STUDENTS:

1. Normalize conversations about mental health within your interactions with students
 - a. Check-in
 - i. Ask them how they are doing
 - b. Promote
 - i. Proactively promote support services
 - c. Open the door
 - i. Let them know you want them to reach out for help
2. Refer students to appropriate Humber Services (In addition to those listed above)
 - a. Wegotyou.humber.ca
 - b. PUBLIC SAFETY
 - i. Emergency Number: 416.675.6622 ext. 4000 General Enquiries: 416.675.6622 ext. 8500
 - c. Utilize the “Yellow Folder” to support your referral
3. Include information about mental health or counselling in your email signature, course syllabus, or on Blackboard
 - a. Update your Signature
 - i. Windows
 1. Click File > Options > Mail > **Signatures**.
 2. Click the **signature** you want to edit, and then make your changes in the Edit **signature** box.
 3. When you're done, select Save > OK.
 - ii. Mac
 1. On the **Outlook** menu, click **Preferences**
 2. Under **Email**, click **Signatures**
 3. Under **Signatures**, click the signature you want to change
 4. Under **Signature** in the right pane, update your signature.
 - b. Information to Include:
 - i. At Humber College we recognize that well-being has a profound effect on achievement and engagement. We strive to create a community that supports health, wellbeing, inclusion and the success of our students. When you need help, here are some resources you can reach out to:
 - ii. Wegotyou.humber.ca
 1. Counselling@humber.ca
4. Take care of yourself
 - a. Supporting students who are undergoing mental health challenges to the point of referral can be incredibly taxing on your own mental health. Please reach out to your supervisor, a member of the HR team, or the Dean of Students who can help support you/direct you to resources.



iii. **Post-Secondary Student Helpline**

iv. For Information on supporting others or managing your personal wellness during the Covid-19 pandemic check out this resource from CAMH <http://www.camh.ca/covid-19>

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