

**N A V I G A T I N G T H E
M E N T A L H E A L T H
S Y S T E M**

A golden-yellow illustration of three mountain peaks. Each peak is held and supported by a pair of hands, symbolizing community support and mental health care. The hands are rendered in a sketchy, textured style.

INTRODUCTION



MENTAL HEALTH AND UNIVERSITY STUDENTS



High prevalence of mental health problems among post-secondary students (depression, anxiety, etc.)



1 in 4 university students report having thoughts of suicide and almost 5% have attempted suicide

FACTORS INFLUENCING MENTAL HEALTH



PRESSURE TO SUCCEED
POST-GRADUATION PLANS
ACADEMIC PERFORMANCE
FINANCIAL BURDEN
TECHNOLOGY
LIFESTYLE CHANGES

STUDENTS FEEL...

STRESSED

OVERWHELMED

SAD

EXHAUSTED

ANXIOUS

LONELY

ACCESSING SUPPORT

Many students refrain from accessing mental health resources on campus due to stigma



The university setting is great to build mental health literacy and facilitate the identification, prevention, and treatment of mental health problems





TYPES OF MENTAL HEALTH PROFESSIONALS

- Psychologist
- Psychiatrist
- Clinical Social worker
- Psychotherapist
- Counsellor
- Family Doctor/Primary Physician

● Family doctor/Primary Physician - doctor who can diagnose general anxiety and depression and prescribe medication but not as specialized as a psychiatrist ●

Psychotherapist - a licensed therapist who can treat patients through therapy interventions

Clinical social worker - a licensed social worker can treat patients through therapy interventions

Counsellor - counsellor who can give guidance on personal, social, or psychological problems

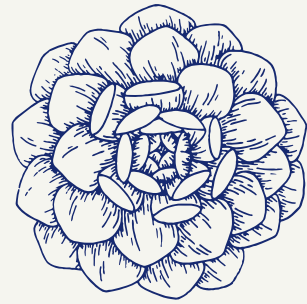
Psychologist - a doctor who can diagnose and treat patients through specialized therapy interventions

Psychiatrist - a doctor who can diagnose and prescribe medications, a psychiatrist is a physician who specializes in the branch of medicine devoted to the diagnosis, prevention, study, and treatment of mental disorders



***can do more than
one**

WHO DOES WHAT?



Clinical Social worker
Psychotherapist
Counsellor
Psychologist*

TREAT



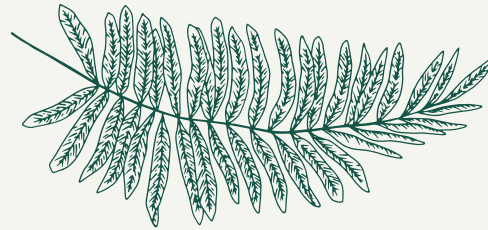
Psychologist*
Psychiatrist*
Family doctor*

DIAGNOSE



Psychiatrist*
Family Doctor*

PRESCRIBE



If you have coverage under OHIP, you can ask your family doctor to refer you to a therapist which is free of charge

ROUTES YOU CAN TAKE



OPTION 1

Book an appointment with your family doctor, ask for a referral to a therapist

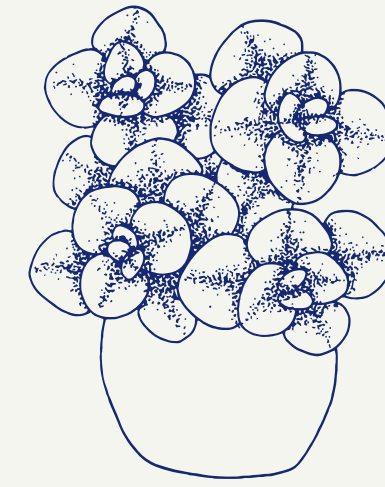
FAMILY DOCTOR/OHIP



OPTION 2

Health & Wellness services will be covered by your tuition fees

UNIVERSITY WELLNESS CENTRE



OPTION 3

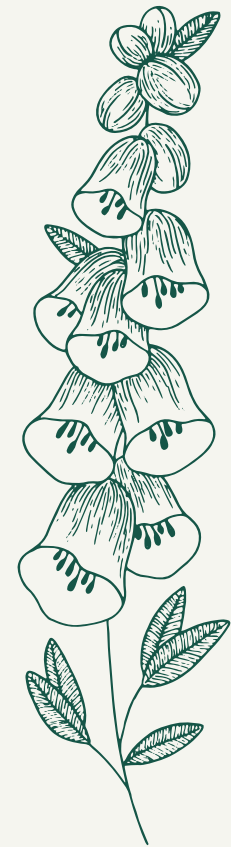
If you are working full time/ opted in to Greenshield insurance you have insurance benefits OR Use parents work insurance plan

PRIVATE INSURANCE

UTSC HEALTH & WELLNESS CENTRE



1.	Call 416-287-7065 or drop by SL270 during the hours of operation to book an appointment. Same Day Counselling, appointments are available virtually, by phone or, in-person and are typically 45 minutes.
	Note: students require their T-Card and Health Card to book their appointments
2.	If you cannot reach the UTSC Health and Wellness Centre by telephone, you can email health.utsc@utoronto.ca to request an appointment and provide a phone number to reach you.
3.	During the counselling appointment a counsellor will collaboratively create a plan with you. This plan may include a follow-up counselling appointment, a referral to group therapy or peer support or other departments on campus, and information about programs in the community.
	Counsellors support issues including: addictions, anxiety, bereavement, concentration/procrastination, perfectionism, depression, eating disorders, family issues, LGBTQ+ issues, sexual orientation and gender identity, low self-esteem, personal crises, relationship issues, social anxiety, stress.



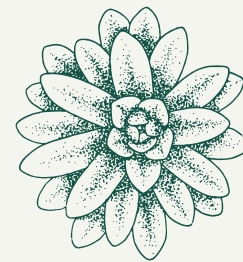
RESOURCES

Additional mental health resources for UTSC Students



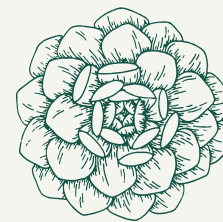
MySSP

Free for all UofT students, provides tele therapy over the app. Download the app, fill in the application, and you will be connected with a counsellor



Green-shield Coverage

As a UTSC student, if you have opted in for green-shield coverage you are covered 80% to see a Psychologist, Psychotherapist, social worker, up to \$2000 every year.



Whats up walkin 1-866-585-6486

Free therapy service, provides same day/next day therapy remotely via tele-therapy or video call



OTHER RESOURCES

Resource	Contact	Service type
Kids Help Phone	1-800-668-6868	This is a free mental health service provided to those adolescents who seek help and value confidentiality.
Naseeha Mental Health	1-866-627-3342	Free, confidential helpline for the youth for Muslims and non-Muslims. They provide immediate support over the phone from 12 PM – 12 AM, 7 days a week. They also host educational programs, workshops, web therapy sessions and raise awareness within the community the stigma around mental health
Talk 4 Healing	1-855-554-4325	24/7 helpline which supports and provides resources for indigenous women by indigenous women, all across Ontario
Hope for Wellness	1-855-242-3310	24/7 service that provides immediate mental health counselling and crisis intervention for all Indigenous people across Canada in several indigenous languages.
Crisis Support Peel Dufferin	1-888-811-2222	This program offers the residents of Peel Region timely and quality response to de-escalate, support those in mental health and addiction crisis for all ages.
YMCA of Greater Toronto	416 603-6366	Drop-in Youth Program which provides substance use counselling, mental health counselling, crisis intervention, breakfast, lunch, and many other opportunities for individuals ages 16-24.
Skylark—YouthCan Impact Walk-In Clinic	416 395-0660	A Toronto youth walk-in service for those with mental health and substance use concerns. This service is for ages 13-21. It provides the youth with an opportunity to speak to counsellors to discuss concerns around depression, anxiety, bullying, sexual orientation, stress, substance use and many other topics.
Anishnawbe Health Toronto	416 920-2605	Walk-in mental health program which includes cultural activities, counselling, and advocacy for Aboriginal communities.

DIVERSITY IN MENTAL HEALTH PROFESSIONALS



Dr. Shona Tritt

Licensed Clinical Psychologist
Private Practice (dr.shonatritt.ca)



Dr. Taslim Alani Virjee

Licensed Clinical Psychologist
Silm Centre for Mental Health



Natacha Pennycooke

Registered Psychotherapist
Natacha Pennycooke Psychotherapy
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Dr. Jessica Dere

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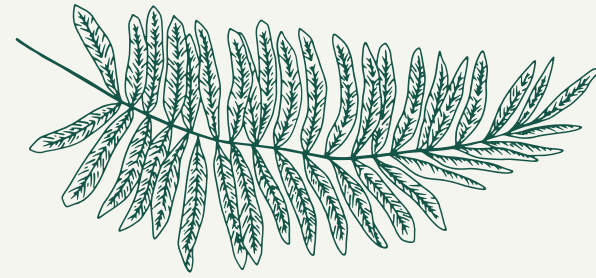
Dr. Amrita Ghai

Licensed Clinical Psychologist
The Clinic on Dupont



Dr. Tayyab Rashid

Licensed Clinical Psychologist
Health and Wellness Psychologist (Former)



Q U E S T I O N S ?

CONTACT US!



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REFERENCES

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