



ON- CAMPUS RESOURCES

Student Counselling, Health & Well-being (Keele campus)

Walk-in counselling, emergency support, support groups, workshops, and short-term therapy.

(416) 736-5297

Website: [Link to site.](#)

Accessibility, Well-Being and Counselling (Glendon campus)

Counselling@glendon.yorku.ca

Website: [Link to 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.

Centre for Indigenous Student Services

Offers [1-1 meetings](#) with a Knowledge Keeper for spiritual advice/counselling, cultural teaching, and academic concerns.

Website: [Link to site.](#)

AppleTree Medical Centre

Offers walk-in medical services.

(647) 722-2370

Website: [Link to site.](#)

COMMUNITY RESOURCES

What's Up Walk In

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

24/7/365 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

Support, accommodation and resources for survivors and witnesses of sexual violence.

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

Website: [Link to site.](#)

To better support international and out-of-province students, York University has partnered with the keep.meSAFE Student Support Program (SSP) to offer a host of resources, including confidential support to students at no cost through the My SSP App and 24/7 real-time support via chat and telephone available anywhere in the world:

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.](#)



Support is available in English, French, Spanish, Mandarin and Cantonese.

CAMPUS SECURITY

York University Security App

Links to 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)
Call to meet with security personnel who can escort/walk with 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:

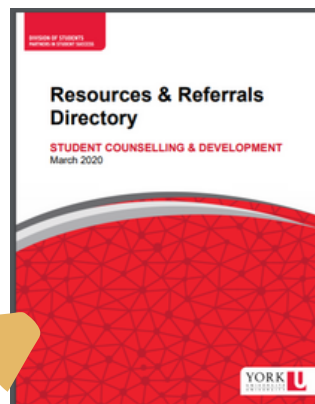
Website for educational information, including an index of mental health terms and online tutorials.
Website: [Link to site.](#)

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.](#)