

Resources Regarding Mental Health & Wellbeing

- **SHIFT Centre**
 - “The S.H.I.F.T centre will function as an interactive, multipurpose space, intended to foster a sense of community within academia through educational workshops and providing an environment for networking.”
 - <http://www.rsuonline.ca/shift-centre>
- **Centre for Student Development and Counselling**
 - Same day appointments available Monday to Friday between 10am and 2pm
- **Good2Talk**
 - “A free confidential and anonymous service, Good2Talk offers post-secondary students 24/7 professional counselling, mental health information and connection to local resources.”
- **Medical Centre**
 - “a non-profit unit of Student Affairs that aims to promote a healthy environment for work and study by offering quality health services to current students, staff and faculty”
 - Provides emergency contraceptives, flu shots, immunizations, medical certificates, TB skin tests and more
 - <https://www.ryerson.ca/healthandwellness/medicalcentre/resources/>
- **Ryerson Safe House**
 - “provides free and confidential emotional support and assistance with respect to security, academic, financial and short-term housing concerns”
 - <https://www.ryerson.ca/healthandwellness/counselling/students/crisis/>
- **Tri-Mentoring Program:**
 - “The Tri-Mentoring Program is a centralized model that offers mentorship opportunities to students of all identities across all faculties. The program matches 1st year students with upper year students in the same program or with similar interests in order to help incoming students successfully transition into their 1st year at Ryerson.”
 - <https://www.ryerson.ca/studentlife/trimentoring/about/>

- **RyePRIDE**
 - “RyePRIDE offers education, advocacy and support of queer and trans people on campus. Our goal is to create a safe and positive campus environment for people of ALL sexual orientations and gender identities. We also have some entertaining and educational events so you can connect with other like-minded queers and allies.”
<http://www.rsuonline.ca/ryepride>

- **RyeACCESS**
 - Helps students with disabilities through “advocacy, campaigns, outreach, education, and events.”
<http://www.rsuonline.ca/ryeaccess>

- **Good Food Centre**
 - Helps “Reduce the impacts of food insecurity for all Ryerson community members”
<http://www.rsuonline.ca/good-food-centre>

- **International Student Support**
 - Helps with international students transition into canada, immigration support, health and wellness, cultural and social support, financial support etc.
 - Provides both transformative and transactional support for students’ personal growth. Staff in ISS are specialized in providing immigration advising, transitional and academic and social adjustment support, and student life skills development programming.
 - <https://www.ryerson.ca/studentlife/internationalsupport/>