*April walks in from left. Janitor enters scene right*

J: Hello April! I hope your engineering studies at UofT are going well. What’s that? Your mental health is suffering terribly and you want to jump in the bottomless abyss on either side of this map? I have just the solution for you

*Walks to the left and builds wall*

J: there we go. What’s that? You want access to existing mental health resources for students? Sorry I don’t really have any solutions for that. I’m gonna go do janitor things now. Careful of the falling trash in this room! Some engineering students made the trash cans sentient with AI and now they eject random objects everywhere. Some of them will negatively affect your mental health but maybe some will be helpful. Toodles!

*Exits left*

Mental Health links:

Emergency Services and Police in Canada: 911

[Good2Talk Student Helpline](http://www.good2talk.ca/) <https://good2talk.ca/>

| **1-866-925-5454**

[U of T My Student Support Program](https://studentlife.utoronto.ca/service/myssp/) (My SSP) | **1-844-451-9700.** Outside of North America, call **001-416-380-6578**.

To connect with a mental health professional one-on-one: **call 1-888-668-6810 or text WELLNESS to 686868 for youth**. call 1-866-585-0445 or text WELLNESS to 741741 for adults.

When you feel distressed at UTSG: <https://studentlife.utoronto.ca/task/support-when-you-feel-distressed/>

Navi: <https://prod.virtualagent.utoronto.ca/>

Counselling Appointments: <https://studentlife.utoronto.ca/service/same-day-counselling-appointment/>

Clinical Care <https://studentlife.utoronto.ca/task/book-appointments-and-view-lab-results-online/>

**416-978-8030**

Group zoom sessions: <https://studentlife.utoronto.ca/service/peer-support/>

MySSP App: <https://play.google.com/store/apps/details?id=com.onetapsolutions.morneau.myissp&hl=en&pli=1>