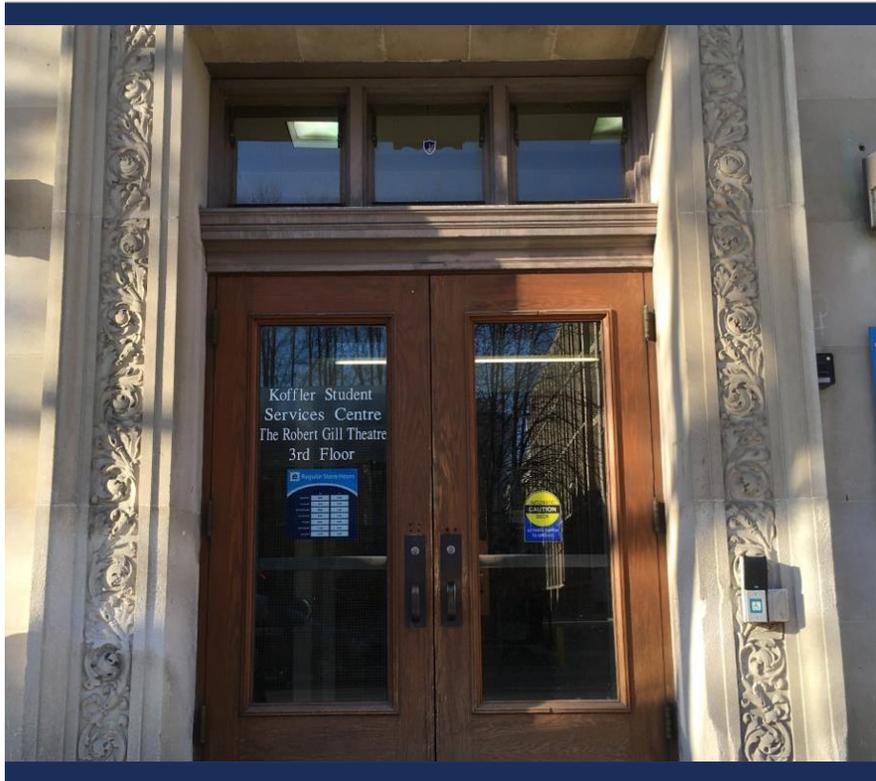


Health & Wellness

Information and Offerings 2019/2020





Mental Health Training	Birth Control	Sexual Health	Nutrition Consultation
On-Location Counselling	Allergy Care	Check-Ups & Referrals	Accessibility Documents
Immunizations & Forms	Travel Education & Vaccines	Psychotherapy	Smoking Cessation
Workshops & Group Therapy	Hormone Replacement Therapy	TB Testing	Health Promotion Initiatives

Health and Wellness Centre

- Koffler Student Services, 214 College Street
- Mon-Fri: 9am-5pm | Tues-Thurs, 9am-7pm
- Make appointments in-person, by phone, and online*
- Call 416.978.8030



Campus and Community Resources

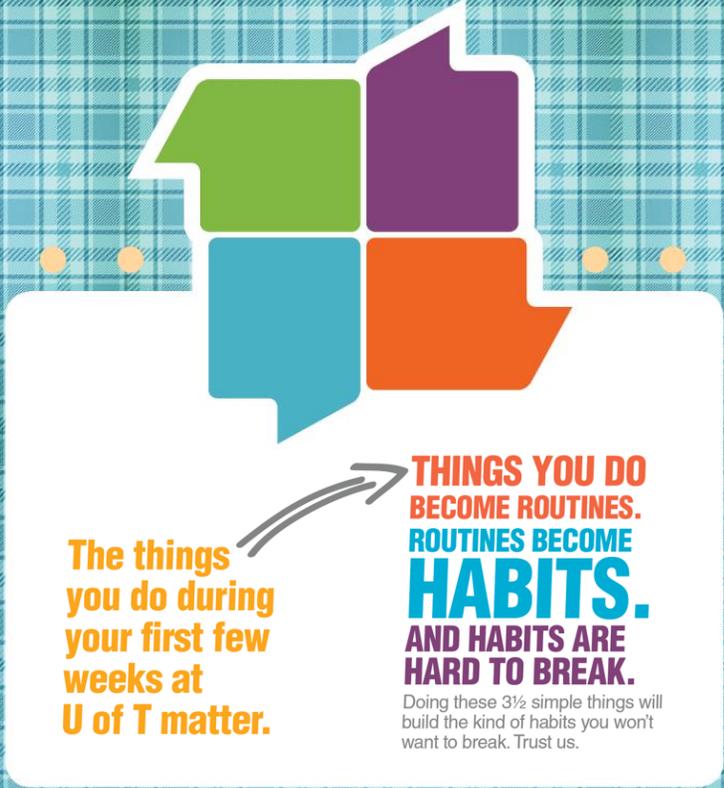
Immediate, 24/7 & After-Hours Supports

- Good2Talk
- My SSP (International Students)
- For immediate medical attention, go to the nearest hospital emergency department, or call 911.





3 1/2
THINGS
TO DO
IN YOUR
FIRST
WEEKS



The things
you do during
your first few
weeks at
U of T matter.

THINGS YOU DO
BECOME ROUTINES.
ROUTINES BECOME
HABITS.
AND HABITS ARE
HARD TO BREAK.

Doing these 3 1/2 simple things will
build the kind of habits you won't
want to break. Trust us.

THING 1 EAT



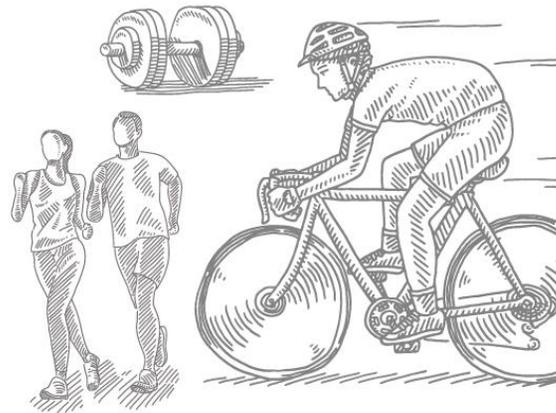
Food is fuel for your body. Make a habit of choosing fresh, nutritious foods over highly processed foods to help you maintain energy levels, feel better, and increase your focus.

THING 2 SLEEP



Aim for a consistent schedule with 7-9 hours of sleep per night. Sleep helps you learn and retain information, gives you energy to make it through the day, and enhances your mood.

THING 3 MOVE



Build movement into your daily schedule. Even small amounts of physical activity helps you feel and function better. Get into the groove of being regularly active in ways you enjoy.



THING 3½ YOU DO YOU

Keep doing what you're already doing! It's far too easy to get swept up in school and neglect the things that make you happy. Continue to make time for the interests, activities and people you value.



Student Workshop Series

SafeTALK

- Learn how to ensure people with thoughts of suicide are connected to helpers who are prepared to provide first aid interventions.
- <https://www.studentlife.utoronto.ca/cld/safetalk>

Identity, Assist, Refer

- 30-minute online training that teaches you how to recognize student distress, begin supportive conversations, and make effective referrals.
- iar.utoronto.ca





Faculty and Staff Workshop Series

SafeTALK

- Learn how to ensure people with thoughts of suicide are connected to helpers who are prepared to provide first aid interventions.
- <https://www.studentlife.utoronto.ca/cld/safetalk>



Identity, Assist, Refer (IAR) Online Training

- 30-minute online training that teaches you how to recognize student distress, begin supportive conversations, and make effective referrals.
- iar.utoronto.ca

IAR+

- Session tailored to your role; apply the IAR skills to your context at U of T using case studies, role plays, and other activities.
- health.promotion@utoronto.ca



Health & Wellness

Thank you. Questions?

Health.promotion@utoronto.ca

Info.HWC@utoronto.ca

416.978.8030

healthandwellness.utoronto.ca

App: U of T Student Life



UHIP Card: 4 Steps





UHIP Card

Degree-earning international student:

- Automatically enrolled in UHIP from September 1 to August 31 of the current academic year.

Exchange student or a visiting international student:

- Automatically enrolled in UHIP for the duration of the period for which you are attending the University.



UHIP Card

- You need to show your UHIP card and carry a claim form every time you use health care services.
- Important to **register** online, **print** your card and carry it with you.
- <https://www.studentlife.utoronto.ca/cie/uhip>

Step 1

- Visit mysunlife.ca and click register.
- Enter your date of birth as day/month/year.
- Select Canada as your country of residence and enter your postal code.

Step 2

- Your contract/policy number is 050150.
- Your member ID is U+ your student number (example: U1000123321).
- Click next.

Step 3

- Click on need a registration code. If your email address is on file, a code will be emailed to you.
- Open the email from Sun Life containing your registration code.

Step 4

- Return to mysunlife.ca.
- Enter your registration code and click next.
- Create a password and select a security question. Click next.
- Print your UHIP card



Access Alliance

- 340 College St. Suite 500
- 416-324-8677 (Monday – Friday hours vary daily)
- Primary Health Care Services
- Community health & Wellness Programs
- Settlement & Social Services
- LGBTQ+ Programs
- Language Services (interpretation & translation) in over 180 Languages

