Mental Health Training
On-Location Counselling
Immunizations & Forms
Workshops & Group Therapy
Birth Control
Allergy Care
Travel Education & Vaccines
Hormone Replacement Therapy
Sexual Health
Check-Ups & Referrals
Psychotherapy
TB Testing
Nutrition Consultation
Accessibility Documents
Smoking Cessation
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.
3½ 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 3½ simple things will build the kind of habits you won't want to break. Trust us.
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/clld/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/cll/safetalk](https://www.studentlife.utoronto.ca/cll/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](mailto:health.promotion@utoronto.ca)
Health & Wellness

Thank you. Questions?

Healthpromotion@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](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