

Mental Health and Wellness at Schulich



Student Accessibility Services

Student Accessibility Services **provides academic accommodation and support to students with disabilities** in accordance with the Ontario Human Rights Commission's Policy on accessible education for students with disabilities and York University Senate Policy on Academic Accommodation for Students with Disabilities.

Contact if: You have a **formal diagnosis** (i.e. learning/physical disability), a **temporary** or **long-term illness**, or are experiencing a **medical incident** (i.e. concussion, broken bone, etc.)

SAS will provide guidance around accessibility services and academic accommodations.

 (416) 736-5755  sasinfo@yorku.ca  [Student Accessibility Services](#)



Office of Student Community Relations (OSCR)

The Office of Student Community Relations (OSCR) **supports students who have been impacted by critical incidents, facing personal crises or multiple complex issues.**

Contact if: You have experienced a **student code of conduct violation, discrimination, sexual assault, contemplated self-harm/suicide**, or the **critical illness, injury or death of a student.**

OSCR provides support with a variety of challenges, including **management of critical incidents, formal resolution** of student disputes, as well as **advocacy and personal support.**

 (416) 736-5231  oscr@yorku.ca  [OSCR](#)



Connect with Student Services!



We are committed to supporting student success - both academically and beyond the classroom. Our priority is to ensure a positive experience so that students can focus on the things that matter.

We provide **holistic support to students experiencing complex issues**, including, but not limited to, academic challenges, mental wellness, racial discrimination, accommodation needs, as well as community and interpersonal concerns.

Connect with us for **tailored support for individual challenges** or for **assistance navigating other dedicated support service at York University.**




Cathlin Sullivan,
Manager Student Success,
Schulich School of Business

 cathlin@schulich.yorku.ca
 [Book a Wellness Check in Appointment Online](#)



Emergency Services

An emergency is any situation that requires **immediate assistance from the police, fire department, ambulance, or campus security.** In an emergency, please contact:

 **911 or Local Emergency**
If on campus, call York Security Services:
Security - Urgent Matters: 416-736-5333



Student Counselling, Health & Well-being

Student Counselling, Health, and Well-being **supports students in realizing, developing, and fulfilling their personal potential** in order to optimize from their university experience and manage the challenges of university life.

Contact if: You have any concerns related to your **overall mental or physical health.** These may include challenges with **anxiety or depression, alcohol or drug use, nutrition, sleep, or sexual health.**

Student Counselling provides **individual and group counselling, wellness consultations**, workshops to support student success, internal and external resources, and **tailored support** for students outside of Ontario.

 (416) 736-5297  [Student Counselling, Health & Well-being LGBTQ+ Services at York University Black Excellence at York University Initiative](#)



Good2Talk

Good2Talk is Ontario's post-secondary student helpline. **They provide free, bilingual, professional and anonymous counseling** and support to post-secondary students in Ontario, as well as information on **where to get mental health and addiction services.**

Contact if: You have any concerns related to **mental health** (i.e. emotional distress, feelings of anxiety, loneliness, hopelessness, stress, etc.), addictions, or **general well-being.**

 1-866-925-5454 **GOOD2TALKON to 686868**  [Good2Talk](#)