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

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

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:

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