Mental Health and Wellness at Schulich

CONNECT WITH STUDENT SERVICES

Kay Kim, Manager Student Success, Schulich School of Business
kaykim@schulich.yorku.ca  
Book a Grad Advising Appointment

We are committed to supporting student success – both academically and beyond the classroom. 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.

STUDENT ACCESSIBILITY SERVICES

416-736-5755  sasinfo@yorku.ca  
Student Accessibility Services

Student Accessibility Services provides academic accommodation and support to 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.

STUDENT COUNSELLING, HEALTH AND WELL-BEING

416-736-5297  
Student Counselling, Health and Well-Being, LGBTQ+ Services, Black Excellence Initiative - York University

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.

OFFICE OF STUDENT COMMUNITY RELATIONS (OSCR)

416-736-5231  oscr@yorku.ca  
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.

GOOD2TALK

1-866-925-5454  GOOD2TALKON TO 686868  
Good2Talk

Good2Talk is Ontario’s post-secondary student helpline. They provide free, bilingual, professional and anonymous counselling 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.

EMERGENCY SERVICES

In an emergency, please contact: 911 or Local Emergency

An emergency is any situation that requires immediate assistance from the police, fire department, ambulance, or campus security.