

## CONNECT WITH STUDENT SERVICES

 [studentservices@schulich.yorku.ca](mailto:studentservices@schulich.yorku.ca)  [Book a Grad Advising Appointment](#)  [Book a UG 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 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.

## STUDENT ACCESSIBILITY SERVICES

 416-736-5755  [sasinfo@yorku.ca](mailto: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.


## GOOD2TALK

 1-866-925-5454 [GOOD2TALKON TO 686868](tel: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**.

## OFFICE OF STUDENT COMMUNITY RELATIONS (OSCR)

 416-736-5231  [oscr@yorku.ca](mailto: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**.

## EMERGENCY SERVICES

**In an emergency, please contact: 911 or Local Emergency**

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

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

