

U of T Jazz “Safe Space”

The faculty and staff listed below are available as Safe Space Contacts to meet virtually should you have any concerns or issues you are facing around equity, oppression, mental health or general stress. They are available to hear you, to support you and to provide you with the appropriate resources both on and off campus to address your unique situation. Meetings can be scheduled from Monday to Friday.

For academic support, please reach out to your professor, private instructor or TA as they are the expert in that area. Your Safe Space contact person will always follow up with you and be there as you need, but keep in mind they are not certified counsellors and repetitive visits are discouraged. It is a good idea to also refer to your syllabus and the student handbook to become familiar with your rights and the many resources available to you.

Please see the CAMH crisis resources listed below if you are in distress and in need of immediate support.

All meetings will be confidential with the exceptions of risk of harm to self or others. When setting up your meeting, be prepared to provide your address and contact information should we need to follow up with you.

Eddy Aitken (administration) - virtual meetings by appointment, Monday - Friday
between 9:30am - 5:30pm
edna.aitken@utoronto.ca

Meghan Gilhespy (doctoral student) - virtual meetings by appointment
meghangilhespy@gmail.com

Tara Kannangara (sessional faculty) - virtual meetings by appointment
tara.kannangara@mail.utoronto.ca

Alex Samaras (sessional faculty) - virtual meetings by appointment
lxsamaras@gmail.com

Laura Swankey (sessional faculty) - virtual meetings by appointment
lauraswankeymusic@gmail.com

Jacqueline Teh (sessional faculty) - virtual meetings by appointment
jacqueline-t@live.com
jacqueline.teh@mail.utoronto.ca

Resources

CAMH Crisis Resources

<https://www.camh.ca/en/health-info/crisis-resources>

Mental Health on and off Campus

<https://studentlife.utoronto.ca/service/mental-health-care/>

<https://studentlife.utoronto.ca/service/myssp/>

<https://gestalt.on.ca/>

<https://www.tirp.ca/lowcost>

<https://www.sscto.ca/>

https://www.uhn.ca/MCC/Clinics/Artists_Health_Centre

<http://www.camh.ca/>

Anti-Racism and Cultural Diversity Office

<https://antiracism.utoronto.ca/>

HR and Equity Office

<https://hrandequity.utoronto.ca/inclusion/>

Sexual and Gender Diversity Office

<https://sgdo.utoronto.ca/>

On-campus Safety Resources

<https://safety.utoronto.ca/>

<https://www.communitysafety.utoronto.ca/>

On-campus Clinic and Wellness Centre

<https://studentlife.utoronto.ca/department/health-wellness/>

U of T Student Services (food bank)

<https://www.utsu.ca/services/food-bank/>

Accessibility services

<https://studentlife.utoronto.ca/department/accessibility-services/>

Athletic Facilities

<https://harthouse.ca/fitness>

<https://kpe.utoronto.ca/facility/athletic-centre>