

U of T Jazz: Safe Space Contacts

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, TA or Registrar, 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 Faculty of Music and 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) edna.aitken@utoronto.ca

- virtual meetings by appointment, Monday - Friday between 9:30am - 5:30pm

Meghan Gilhespy (doctoral student) meghangilhespy@gmail.com

- virtual meetings by appointment

Tara Kannangara (sessional faculty) tara.kannangara@mail.utoronto.ca

- virtual meetings by appointment

Alex Samaras (sessional faculty) xsamaras@gmail.com

- virtual meetings by appointment

Laura Swankey (sessional faculty) lauraswankeymusic@gmail.com

- virtual meetings by appointment

Jacqueline Teh (sessional faculty) jacqueline.teh@mail.utoronto.ca

- virtual meetings by appointment

Resources

Faculty of Music Registrar's Office

Reliable First Stop for Information - The staff provide confidential counselling & referrals as needed. Reception hours of operation: Monday – Friday, 8:45am – 3:30pm (closed between 12-1pm) Staff available remotely: Monday-Friday 8:45am-5:00pm
Edward Johnson Building, Rm 145
registrar.music@utoronto.ca 416-978-3740

Health & Wellness

Navi

Your U of T mental health wayfinder.
Looking for mental health resources? [Navi](#) is an online chat tool that will help you find the services you're looking for.

Health & Wellness

Confidential mental health and physical health services provided by an interdisciplinary team of health professionals.

416-978-8030 214 College St., 2nd Floor

On Location Health & Wellness Counsellor: Peter Snow

Available for virtual appointments with Music students.

To book your first appointment, call **(416) 978-8030, press 5**. Be sure to mention that you want to set up an appointment with Peter Snow, the on-location counsellor for the Faculty of Music.

My Student Support Program (MySSP): Immediate and/or ongoing confidential, 24-hour support for any school, health, or general life concern at no cost to students. Ongoing support is available in over 146 languages.

Download the My SSP app via the [Apple app store](#) or [Google Play](#)

Within North America: **1-844-451-9700**

Outside of North America: **001-416-380-6578**

Good2Talk Student Helpline: Professional counselling, information and referrals helpline for mental health, addictions and student well-being.

1-866-925-5454

Distress Centres of Greater Toronto: Provides crisis and emotional support and suicide prevention, intervention and postvention services to individuals in our community. 24-hour support, 7 days a week, 365 days a year.

416-408-4357 or text 45645

Gerstein Centre Crisis Line: Provides mental health crisis support, strategies for addressing immediate problems and connections to services offering ongoing support. Crisis services are available 24-hours a day, 7 days a week. **416-929-5200**

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

[https://www.camh.ca/en/health-](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/>

[https://studentlife.utoronto.ca/department/accessibility-](https://studentlife.utoronto.ca/department/accessibility-services/)

Athletic Facilities

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

<https://harthouse.ca/fitness>

www.therapytoronto.ca (you can browse the list of therapists and their specializations, availabilities, etc.)

www.ctp.net (Centre for Training in Psychotherapy, which offers psychotherapy with therapists-in-training for a reduced rate)

<https://prstoronto.com> (Psychotherapy Referral Service; like Therapy Toronto, this allows you to peruse the list of therapists for areas of specialization and availability)

Kids Help Phone: 1-800-668-6868 www.kidshelpphone.ca (up to 20 years of age)