

Student Resources at Ryerson

Mental Health Resources

Ryerson Mental Wellbeing

http://www.ryerson.ca/mentalhealth/students/get_help/

Centre for Student Development and Counselling

<http://www.ryerson.ca/healthandwellness/counselling/>

The CSDC offers free, confidential counselling services for students in a professional and friendly environment. Services are provided by our team of psychologists, counsellors, and masters and doctoral interns.

Ryerson Medical Centre

<http://www.ryerson.ca/healthandwellness/medicalcentre/>

Ryerson's family doctors can help you take care of your physical and mental health.

Ryerson Health Promotion

<http://www.ryerson.ca/healthandwellness/healthpromotion/>

Ryerson Health Promotion is a group of peer health promoters dedicated to promoting health and wellbeing on our university campus. They can provide you with information, resources and referrals to community agencies.

Academic Accommodation Support

<http://www.ryerson.ca/studentlearningsupport/academic-accommodation-support/>

Academic Accommodation Support helps students with single or multiple disabilities (such as learning disabilities, sensory impairments, acquired brain injuries, ADHD, and mental health, medical, and mobility issues). The Centre helps students secure academic accommodations so that they can fully participate in their academic experience at Ryerson.

International Student Services

<http://www.ryerson.ca/studentlife/internationalsupport/>

International Student Services supports international students by offering individual assistance, orientation programs, information sessions, and networking events.

Aboriginal Student Services

<http://www.ryerson.ca/aboriginal/>

Aboriginal Student Services provides support for all First Nations, Aboriginal, Inuit, Metis, status and non-status students can balance academic learning with traditional teachings.

Centre for Women and Trans People

<http://www.rsuonline.ca/centre-for-women-and-trans-people>

The Centre is a safe and inclusive place for all self-identified women on campus. It provides educational pamphlets, referrals and resources on issues that include racism, sexism, homophobia, transphobia, eating disorders, housing, sexual assault, pro-choice resources, violent relationships, support programs, and women's health. Men are welcome to use the Centre's resources, but need permission to enter.

Ryerson Safe House

http://www.ryerson.ca/healthandwellness/counselling/students/If_You_are_in_Crisis/Ryerson_Safe_House/

The Ryerson Safe House provides free and confidential emotional support and assistance to Ryerson students who:

- Are at immediate risk of physical, sexual or emotional abuse
- Are fleeing unsafe or intolerable living conditions
- Have been made suddenly homeless as a result of compelling or extreme circumstances.

Security and Emergency Services

<http://www.ryerson.ca/irm/security/>

Crime prevention, personal safety and physical security awareness/education provided. Twenty-four hour emergency response, including crisis intervention/emergency management and referral.

Human Rights Services

<http://www.ryerson.ca/humanrights/>

Support for the Ryerson community, promoting a study, work, and living environment free of discrimination and harassment based on prohibited grounds (e.g. race, age, sex, sexual orientation, disability, religion etc.).

Ombudsperson Office

<http://www.ryerson.ca/ombuds/>

A confidential information, advice and assistance resource for those who wish to address what they believe to be unfair treatment at the University.

Ryerson Students' Union Legal Advice and Referral Services

<http://www.rsuonline.ca/legal-service>

Legal advice related to family and criminal law, debt, landlord and tenant conflicts, corporate law, real estate, intellectual property, legal procedures and documents, dealings with lawyers, immigration, and difficulties with government agencies.

Office of Sexual Violence Support and Education

<http://www.ryerson.ca/sexual-violence/>

The Office of Sexual Violence Support and Education works from the premise that consent comes first. We believe that survivors should guide the process and we are here to provide options. We provide referrals to counselling and medical services, academic and workplace accommodations, self-care resources, advocacy and navigating resources. We can also help you in making an informed decision about next steps should you decide to report to university authorities or the police.

Ryerson Students' Union (Equity Service Centres):

Centre for Women and Trans People (listed above)

Good Food Centre

<http://www.rsuonline.ca/good-food-centre>

Provides free, non-perishable food items so you don't have to study on an empty stomach. We also advocate for healthier, more affordable food on campus, and host events and campaigns on food (in)security and anti-poverty initiatives.

Racialised Students' Collective

<http://www.rsuonline.ca/racialised-students-collective>

Opposes all forms of racism and works towards community wellness for students. Through education, campus and community organizing, and our commitment to struggle across differences, we seek to responsibly reflect, represent and serve self-identified racialized and indigenous students.

RyeACCESS

<http://www.rsuonline.ca/ryeaccess-about-us>

Recognizes that students with disabilities have a diverse range of experiences both on and off campus. However, one experience that is consistent is disempowerment. As students with disabilities, it is our time to reclaim our bodies and minds, take control of the services we use, and work with our allies to achieve the freedom and autonomy we deserve.

RyePRIDE

<http://www.rsuonline.ca/ryepride>

RyePRIDE seeks to create a positive and inclusive campus that is safe and welcoming for people from across the spectrum of sexuality and gender, including but not limited to: gay, lesbian, bisexual, two spirited, trans, intersex, queer and questioning students.

Trans Collective

<http://www.rsuonline.ca/trans-collective>

Main goal is to advocate for trans and gender non-conforming people by challenging oppression, creating space for community care, and educating those outside and within our community.

Peer Groups:

http://www.ryerson.ca/mentalhealth/wellbeing_at_ryerson/

SMASH (Students for Mental Awareness, Support, & Health)

MASH increases mental health awareness and support for students through peer-to-peer support and advocacy for policy change within Ryerson University.

Be Well

Be Well seeks to enhance relaxation, and reduce anxiety among students in the Nutrition and Food program. It does this through activities such as x-box parties, boardgames, cooking, and other fun group activities.

Academic Support

Student Learning Support

<http://www.ryerson.ca/studentlearningsupport/>

SLS is a group of services and programs aimed at helping students engage more effectively in their academic studies. We teach essential academic skills and study techniques that help students to more effectively express their intelligence, apply their knowledge and communicate their ideas.

Support Areas: Academic Accommodation Support, English Language Support, Study Skills & Transition Support, Writing Support, Test Centre

Tri-mentoring program

<http://www.ryerson.ca/studentlife/trimentoring/>

The Tri-Mentoring Program is a centralized model that offers mentorship opportunities to students of all identities across all faculties. The program matches 1st year students with upper year students in the same program or with similar interests in order to help incoming students successfully transition into their 1st year at Ryerson. Mentors then have the opportunity to be matched with an industry professional & will gain guidance and encourage students to progress towards their goals. We facilitate student's learning, leadership and employment through mentoring, getting students involved and having them meet other people.

Other Resources

Ryerson Athletics and Recreation

<http://www.rec.ryersonrams.ca/>

Offers group fitness and mind/body/spirit classes, including yoga and meditation

SHARP: Student Health Assistance and Resilience Program (Health Promotion)

<http://www.ryerson.ca/healthandwellness/healthpromotion/sharp/>

The Student Health Assistance and Resilience Program (SHARP) is designed to help students develop lifelong skills for managing their health and well-being.