

# HEALTH & WELLNESS CENTRE

Provides confidential services for all registered UTSC students



## HEALTH SERVICES

Doctors and nurses are available Monday - Friday



## COUNSELLING & GROUPS

One-on-one, groups and programming by professional counsellors



## WELLNESS ON CAMPUS

Supporting healthy lifestyles on campus through our Wellness Peer Programs and health promotion

Bring your student card and your health card when you visit us!

**SL270, Student Centre**  
**416-287-7065**

[health-services@utsc.utoronto.ca](mailto:health-services@utsc.utoronto.ca)



[utsc.utoronto.ca/hwc](https://utsc.utoronto.ca/hwc)



UNIVERSITY OF  
**TORONTO**  
SCARBOROUGH

**HEALTH &  
WELLNESS  
CENTRE**



# HOW TO HELP SOMEONE

If you're worried about someone's change in mood or behaviour, here's what you can do to help:

## IDENTIFY

You may notice someone is experiencing difficulty through one or several indicators related to their academics, physical appearance, behaviour or mood.

## ASSIST

If you know the person and are concerned, letting them know you are there to listen can be very supportive. If you do not know the person, you can ask for a professional opinion which can be done anonymously and allow you to gather information of options, services and resources on how to help.

*"It sounds like you are having a tough time lately. I am here to listen."*

## REFER

UTSC has many student services on campus that can benefit students in many ways. Get informed of those services and share that information.

*"I know that the Health & Wellness Centre has services that may be able to help."*

