

WELLNESS RESOURCES

Some of the subject matter of *We Are the Land* could be triggering or difficult to process.

If you're feeling overwhelmed, here is a list of supports that you can access at the University of Toronto and wider community.

For a **Safe, Quiet Space** visit the Meditation Room of the Multi-Faith Centre – 569 Spadina Avenue
Open every day from 8 a.m. to 10 p.m.
Indigenous medicines available

Drop-in counselling at First Nations House,
563 Spadina Avenue, 3rd Floor
Thursday, March 16th and 23rd, 9 a.m.- 5 p.m.,
with Andrew Wesley, Elder in Residence.

Community Phone Lines:

Gerstein Centre Crisis Line (open 24 hours a day, 7 days a week): 416-929-5200
Mental health distress - Good 2 Talk Student Helpline: 1-866-925-5454
Mental Health Helpline (Ontario): 1-866-531-2600

University Services, open weekday business hours, 9 a.m. - 5 p.m.:

St. George Health & Wellness Centre: 416-978-8030
UTM Health & Counselling Centre: 905-828-5255
UTSC Health & Wellness Centre: 416-27-7065
Community Safety Office: 416-978-1485

National First Nations and Inuit Hope for Wellness Phone Line
1-855-242-3310 – open 24/7