

# MENTAL HEALTH

Lets talk about it!

## What is a Mental Illness?

Mental illness occurs when the brain, just like any other organ such as the heart, or the kidney, is not working the way it should. Mental illness is a collection of disorders such as depression, bipolar disorder, depression, and anxiety. The symptoms can range from loss of motivation and energy, changed sleep patterns, extreme mood swings, disturbances in thought or perception, or overwhelming obsessions or fears. Mental illness interferes with relationships and affects a person's ability to function on a day-to-day basis, often leading to social isolation.

Read more about what a mental illness is at: <https://toronto.cmha.ca/understanding-mental-illness/>

## Signs & Symptoms

- |  |  |
|--|--|
| 1. Memory issues & trouble concentrating         | 9. Suicidal thoughts or attempts &/or self-harm  |
| 2. Insomnia (trouble sleeping) or oversleeping   | 10. Appetite &/or weight changes   |
| 3. Procrastination                               | 11. Decreased energy or fatigue  |
| 4. Panic attacks                                 | 12. Anhedonia (loss of interest or pleasure in hobbies & activities) &/or hopelessness   |
| 5. Overthinking or persistant worries            | 13. Perfectionism  |
| 6. Avoidance of activities, classes, &/or people | 14. Physical symptoms (such as digestive issues, chest pains, muscle soreness, and more) |
| 7. Sadness &/or difficulty managing emotions     | 15. Frequent mood swings   |
| 8. Irritability (gets upset easily)              |  |

**MENTAL ILLNESSES LOOK DIFFERENT ON EVERYBODY. SOMEONE WHO IS SUFFERING FROM A MENTAL ILLNESS MAY HAVE SOME, ALL, OR NONE OF THESE SYMPTOMS**

## Who can I talk to?

### U of T Wide

- |                    |   |                                    |
|--------------------|---|------------------------------------|
| • Campus Chaplains | • Elders at First Nations House           | • Residence Life staff and dons    |
| • Commuter dons    | • Learning Strategists - Academic Success | • Student Life Staff               |
| • Counsellors      | • Psychologists                           | • Transition Advisors at the C.I.E |
| • Dieticians       |   | • And many more...                 |
| • Doctors/nurses   |   |                                    |

### Trinity College Specific

**Office of the Dean of Students:** deanofstudents@trinity.utoronto.ca

**Ramata Tarawally, Associate Director, Community Wellness:** 416-946-4044 or rtarawally@trinity.utoronto.ca

• **Drop-in Office Hours:** Mondays from 2:00 pm – 3:00 pm; Tuesdays and Thursdays from 11:30 am to 12:30 pm; Wednesdays and Fridays from 3:00 pm to 4:00 pm

**On-Site Counsellor from U of T Health and Wellness:** by appointment or by referral.

• Referrals can be requested by contacting the Office of the Registrar, Office of the Dean of Students, or the U of T Health & Wellness Centre

**Office of the Registrar:** registrar@trinity.utoronto.ca

**Duty Don:** reached through the Welcome Desk at 416-978-2522

**Academic Dons and Community Advisors**

## Ways to Practice Good Mental Health

### Build a Healthy Self-Esteem

Self-esteem is more than just seeing your good qualities. It is being able to see all your abilities and weaknesses together, accepting them, and doing your best with what you have. For example, you may not be a professional tennis player, but that should not stop you from enjoying the game.

- **Activity – Build Confidence:** Look at your good points. What do you do best? Where are your skills and interests? Look at your weak points. What do you have difficulty doing? What makes you frustrated? Look at this list. Remember that all of us have our positive and negative sides. We let our strengths shine, and we build on our weak points to help us mature and grow.

### Make Friends Who Count

Friends help you understand that you are not alone. They help you by sharing your 'ups' and 'downs', and you in turn help them. Together, you and your friends share life's challenges and celebrate life's joys.

- **Activity – Build A Friendship Tree:** Keep in touch – invite a friend to lunch. Encourage new friendships – ask your friend to bring someone you have never met.

### Figure Out Your Priorities

Advertisers try very hard to convince us that we 'need' their products and services. Our challenge is to know the difference between our real needs and our 'wants', and to find the right balance in our spending. Financial problems cause stress; so it is important to avoid over-spending.

- **Activity – Create A Meaningful Budget:** Write out a budget for yourself. Is it realistic? Have you planned what to do with the money left over for your 'wants'? Which 'wants' are most important to you?

### Learn to Manage Stress Effectively

Stress is a normal part of life. How you deal with it will depend on your attitude. You may become overwhelmed by things that other people deal with easily. Learning to keep a balance among work, family and leisure is difficult and needs skillful management of your time. Planning helps, and so does staying calm.

- **Activity – Take a Five-Minute Vacation:** Each day, set aside five minutes for a mental health break. Close your office door or go into another room, and day-dream about a place, person or idea, or think about nothing at all! You will feel like you have been on a mini-vacation.

### Deal with Your Emotions

We are all challenged to find safe and constructive ways to express and share our feelings of anger, sadness, joy and fear. Your ways of experiencing and expressing emotions are unique because you are unique.

- **Activity – Identify and Deal with Your Moods:** Find out what makes you happy, sad, joyful or angry. What calms you down? Learn ways to deal with your moods. Share joyful news with a friend; 'cry on a shoulder' when you feel blue. Physical exercise can help you deal with your anger. Keep a stack of your favourite funny cartoons or a collection of humorous stories or video tapes for times when you feel the need to laugh.

## 24-hour crisis resources

### Good2Talk:

A free, confidential and anonymous helpline for post-secondary students in Ontario, 24/7/365 | Call 1-866-925-5454

### The City of Toronto

Offers a variety of crisis services through Emergency and Crisis Services at 211Toronto.ca.

### The Gerstein Centre

- Services include telephone support, community visits and a short-stay residence.
- All services are free of charge and can be accessed through the **Crisis Line** at 416-929-5200, 24 hours a day, 7 days a week.

### ETC.

**My Student Support Program (My SSP)** | 1-844-451-9700.

- Outside of North America, call | 001-416-380-6578.

**Assaulted Women's Helpline** | 416-863-0511

**Gerstein Crisis Centre** | 416-929-5200

**Toronto Distress Centre** | 416-408-4357

**Drug and Alcohol Helpline** | 1-800-565-8603

**Mental Health Helpline** | 1-866-531-2600

**Ontario Problem Gambling Helpline** | 1-888-230-3505

## Emergency Resources

If you are in need of immediate medical attention, go to the nearest hospital emergency department, or call 911.

### Hospitals near St. George Campus

- |  |  |
|--|--|
| • <b>Mount Sinai Hospital</b>   416-586-4800     | • <b>Women's College Hospital</b>   416-323-6500                           |
| • <b>Toronto General Hospital</b>   416-340-3388 | • <b>Centre for Addiction and Mental Health</b>   416-535-8501 (ext. 6885) |

### Campus Police | 416-978-2222

### 24/7 Emergency Off-Campus

- |  |  |
|--|--|
| • <b>Assaulted Women's Helpline</b>  416-863-0511      | • <b>Ontario Victim Support Line</b>  416-314-2447 |
| • <b>Toronto Rape Crisis Centre</b>  416-597-8808      | • <b>Peel Rape Crisis Centre</b>  905-273-9442     |
| • <b>Hostel Services, Central Intake</b>  416-397-5637 |  |

### Sexual assault and Safety On-Campus

For all U of T services, programs and resources related to sexual violence, sexual assault and sexual harassment:

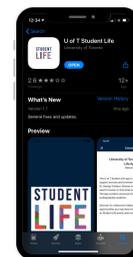
**U of T Sexual Violence Prevention & Support Centre** | 416-978-2266 | safety.utoronto.ca

**Community Safety Office** | 416-978-1485

**St. George Health & Wellness** | 416-978-8030



**TAKE A PICTURE OF ME!!**



Have all the resources handy on your phone by downloading UofT's Student Life App!