

UTSC Resources			
Telus Health Student Support	1 844 451 9700	Uoft.me/myssp	provides 24/7 confidential support in different languages
Health & Wellness Centre Mental Health Services and Resources for UTSC Students	416-287-7065	https://www.utsc.utoronto.ca/hwc/mental-health-services-and-resources-utsc-students	Offers a variety of on and off campus resources
Community Resources			
Imam Yasin Dwyer	905-920-1050	ydwyer@gmail.com	
Olfat Sakr		olfat@mcuoft.com	
Nasheeha Mental Health	1-866- NASEEHA (627-3342)		7 DAYS A WEEK 12PM to 3AM EST 9AM – 9PM PST
Islamic Institute of Toronto	416-335-9173	consultation@islam.ca	https://islam.ca/
Shaykh Yusuf Badat	416 321-0909 x 235		Islamic Foundation of Toronto https://www.islamicfoundation.ca/

Unity Mosque (inclusive,
interfaith, and Queer positive)