



November 5, 2020

## **Content Warning: Mentions of Suicide**

The University of Toronto Mississauga Students' Union (UTMSU) is deeply saddened by the passing of a University of Toronto community member on November 2, 2020, at the Chestnut Residence.

On behalf of the UTMSU, we would like to send our deepest and sincerest condolences to the student's family, friends, and colleagues. During this challenging time, we encourage our members to allow themselves to grieve, reach out to colleagues and seek support as they need.

Adjusting to this "new normal" has been difficult for students, staff and the rest of the University of Toronto (U of T) community; however, the U of T administration has had ample time to provide mental health support for students targeting possible implications of Covid-19 on mental health. We are frustrated yet again with the University of Toronto's complete and continuous disregard for students' mental health by upholding UofT's ultra-competitive nature despite its direct attack on our mental health.

The UTMSU is committed to challenging UofT's mental health approach and providing solutions that benefit all students. After a series of consultations with our members, the UTMSU is finalizing details to launch a peer support program to create a more supportive community of care amongst students. The peer support program will be launching in the upcoming new year and will be a resource available for students by students.

During these difficult times, we are here to remind our members that the UTMSU is committed to supporting our students. We will be attending the U of T wide emergency meeting on student mental health happening on Friday, November 6 from 6 p.m. to 8 p.m. alongside other student unions across U of T. Details for this meeting can be found here: <https://fb.me/e/1P6sJbyY5>

Please reach out to us if you require any support or simply need someone to talk to. We are here to listen to you.

In Solidarity,  
Your UTMSU Executives

Mitra Yakubi, President ([president@utmsu.ca](mailto:president@utmsu.ca))  
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## Resources for UTM Students:

Please Note: the content provided on this page are Third-Party resources. While we at the UTMSU have done our best to screen and vet these organizations, we have no formal affiliation with them. If you have any issues fully accessing any of the listed organization's services, we encourage you to contact the respective organization directly.

- *24/7 Crisis Support Peel-Dufferin*: 905-278-9036 or 1-888-811-2222
- *Good 2 Talk Student Helpline*: 1-866-925-5454
- *Gerstein Crisis Centre*: 416-929-5200
- *Assaulted Women's Helpline*: 1-866-863-0511 or Text: #SAFE (7233)
- *Distress Centres of Greater Toronto*: 416-408-HELP (4357)
- *Anishnawbe Health Toronto Mental Health Crisis Line*: 416-360-0486
- *Kids Help Phone* : Phone: 1-800-668-686
- *My SSP for UofT Students*: 1-844-451-9700, if outside of North America, call 001-416-380-6578
- *LGBTQ Youthline (Peer Support)*: 1-800-268-9688
- *Hope 24/7*: Phone: 905-792-082
- *Stella's Place*: 416-461-2345