

MENTAL HEALTH SUPPORT LINE FOR STUDENTS



CATHOLIC FAMILY SERVICES OF TORONTO IS OFFERING MENTAL HEALTH SUPPORT

For students (18 - 35 years old) experiencing stress, isolation, or struggling with school-life or work-life balance. All callers accessing the line during non-operational hours will be directed to our main CFS Toronto line which is monitored during our regular office hours 9-5 pm (Mon, Wed, and Fri) and 9-9 pm (Tues and Thurs).

Phone number(s):

Local: (647) 249-9059

Toll free: (877) 794-8373

Hours of operation: Every Wednesday 3:00 pm to 10:00 pm

Fee for service: Free

Callers' anonymity is respected and there is no paper work required of them.



NEWMAN CENTRE
CATHOLIC MISSION
at the University of Toronto's St. George Campus

