

Resources for EEB Graduate Students

Department Support (EEB)

When to contact: if you're having concerns specific to EEB or just looking for guidance about what to do next, who to talk to, support with stress

EEB Grad Chair [[Helen Rodd](#)]: contact for general concerns related to graduate student issues including mental health, student-supervisor relationships and departmental policies

EEB Chair [[Don Jackson](#)]: contact for department-related concerns or if contacting Helen does not work for you

EEB Grad Mentor (assigned to each new incoming graduate student starting in 2015): general support for coping with day-to-day concerns of life in EEB

EEB Ombudspeople [[Joanna Bundus](#) and [Stephen DeLisle](#)] or Mental Health Rep [[Tess Grainger](#)]: general support, advice about student-supervisor conflict or mental health resources

Health and Wellness

When to contact: if you're having difficulties coping with stress related to the program, mental health concerns are arising or getting worse

[SGS Embedded Counsellor](#) [[Saretta Herman](#)]: counsellor specialising in graduate student issues. Short-term, solution-focused counselling to address grad students' concerns including depression, anxiety, stress management. Saretta sees students out of the SGS building (Monday, Wednesday, Thursday) and the Health and Wellness centre. To make an appointment, call the SGS office (416-978-8030).

[Health and Wellness Centre](#): doctor's visits, group therapy, individual therapy, assault counselling, nutrition counselling are all available here.

[Workshops](#): Coping Skills Workshops, Better Breath Workshop, Better Sleep Workshop, Food and Mood Workshop, Mindfulness (Mindful Mondays & Mindful Moments), Grief Talking Circle

[HealthyU](#) ([HappyU](#); [SafeU](#); [MoveU](#)): Resources for general wellness and links to specific wellness programs and events across campus

Conflict Resolution Centre (CRC) - Starting January 2016

When to contact: if you're having difficulty resolving an issue or conflict with your supervisor, administrator or fellow graduate student or would like support/training in order to prevent future disputes

Manager, CRC [[Heather McGhee Peggs](#) (heather.mcgheepiggs@utoronto.ca)]: The CRC provides support in early and effective conflict resolution and dispute prevention to students, faculty and administrators

Grad-to-Grad (G2G) peer team: Graduate students with extensive training in conflict resolution who will be available for confidential one-on-one appointments and facilitated group discussions. Talk off the record with a G2G about a university-related issue, including: (1)

options for effectively and respectfully resolving your concern; (2) applicable policies/procedures and campus resources; (3) coaching on how to prepare for difficult discussions; (4) steps you can take to avoid conflict in the future

[School of Graduate Studies](#)

When to contact: if you have questions or concerns related to university policies, procedures, informal mediation for departmental concerns and student-supervisor conflicts

SGS Vice-Dean [Luc de Nils]: problems with department, informal mediation, or to get a third party opinion on a conflict with department or supervisor (usually see Helen/Don first)

Associate Director, Graduate Affairs [Emma Thacker]: questions about University policy, SGS regulations (e.g. code of student conduct, appeals, academic misconduct, withdrawal and termination of registration)

SGS Student Academic Services: registrarial services and matters related to the student record (e.g. registration, change of status, confirmation of degree, leave of absence, tuition related inquiries. etc.)

SGS Graduate Awards Office: Applying for and managing your scholarships and awards, financial aid, emergency assistance and counselling (usually see Kitty Lam first)

[Accessibility Services](#)

When to contact: if you have mental or physical health concerns have a significant impact on functioning, completing assignments, meeting academic deadlines

Description: Support for students including advocacy on behalf of students re: academic work, learning strategists, academic accommodations

[Academic Success Centre](#)

When to contact: if you're having issues with study skills, exam preparation, writing skills, assignment planning or procrastination

Description: Strategies for academic difficulties including writing skills, studying for exams, and workshops around time management

[Crisis Support Lines](#)

When to contact: if you are having a mental health crisis and would like to speak anonymously to a trained crisis worker

Description: 24 hour help line dedicated to assisting callers who are experiencing a mental health crisis to work out some effective ways of addressing their immediate problems, and connect them to services that can offer ongoing support.

[Gerstein Crisis Centre Support Line:](#) 416-929-5200

[Toronto Distress Centre:](#) 416-408-HELP (4357)

[Good 2 Talk](#) (post-secondary crisis support): 1-866-925-5454