

Nurturing minds, building futures

Enhancing mental wellness
resources to help students thrive



Good mental health support plays a pivotal role in student success. The demanding workload, extensive study hours and financial burden of university can significantly impact students' wellbeing, especially when coupled with complex personal circumstances.

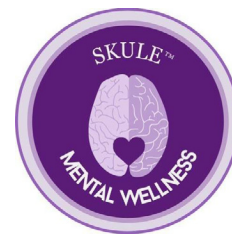
The Faculty of Applied Science & Engineering is committed to fostering a culture of care and support for all. Through wellness advocacy and by prioritizing mental health, we will safeguard our students' wellbeing and nurture their resilience and emotional intelligence — coping mechanisms that are crucial for their future success as professionals and leaders.

Donors like you help us enable student wellbeing.

Through the generosity of donors and volunteers and the unwavering commitment of faculty members, we have developed specialized resources to destigmatize mental health support while helping U of T Engineering students increase their social engagement.



U OF T ENGINEERING'S MENTAL HEALTH PROGRAMS AT A GLANCE*



#skuleletstalk

Follow Skule™ Mental
Wellness on Instagram at
@skulementalwellness

\$36,562

raised for bursary and wellness programs

25

mental health
bursaries disbursed

16

corporate partners
and collaborators

360+

one-on-one
student appointments

25+

events organized

250+

attendees for every BUILD U UP
Mental Health & Wellness Fair

160

donors contributed to the
mental health related funds

*Data collected
since 2020



Samantha Cheung (ChemE PhD 1T9)
Graduate Student Representative,
Joint Task Force on Academic Advising
& Mental Health

President & Founder of Engineering Graduate
Student Mental Wellness Commission

"During my graduate degree, our student body identified a need for more graduate student mental health support. We worked directly with the Dean's office to implement numerous initiatives such as the Mental Health Bursary, wellness events and better access to mental health resources."



Teresa Woo MSW, RSW
U of T Engineering
Mental Health
Programs Officer

"I work with students via one-on-one appointments to help them explore the many wellness resources that are available to them, both on and off campus."



KEY STUDENT SUPPORTS AND RESOURCES FOR WELLNESS

Our wellness resources include on-site staff members such as a mental health programs officer, a learning strategist, a health and wellness counsellor and an accessibility adviser. Partner organizations that offer additional support include the Sexual Violence Prevention & Support Centre, University of Toronto Mental Health Student Association, U of T Telus Health Student Support, Good2Talk Helpline, and the Gerstein Centre Mental Health Crisis Line.

Student financial supports for mental wellness include microgrants for mental health initiatives, student mental health bursaries and emergency grants.

Our BUILD U UP Mental Health & Wellness Fair takes place every semester so that all students can learn about wellness supports.

The Mental Health Initiatives Community of Practice convenes student groups with a focus on promoting mental wellness, fostering knowledge sharing, networking, continuous learning and collaboration.

Wellness workshops and professional development opportunities equip student leaders, staff and faculty with essential skills and knowledge to provide initial support to colleagues, students or loved ones experiencing mental health challenges.

Access to Success is an annual large-scale collaborative event hosted by the Engineering Society and the faculty, giving students opportunities to connect with academic advisors, peer mentors, resource representatives and other staff members who can support them through their academic journeys.

By integrating Equity, Diversity and Inclusion (EDI) programming into our wellness activities, we promote inclusivity, cultural understanding and equitable access to mental health services. This intersectional approach empowers marginalized students while fostering representation and belonging on campus and contributing to the wellbeing and success of all students.

YOU CAN MAKE ALL THE DIFFERENCE

Good mental health means that students have the resilience to bounce back after stressful times and thrive in their endeavours.

Join us in supporting healthy and successful student journeys. Your contribution will play a vital role in ensuring that U of T Engineering leaders of tomorrow have the tools they need to thrive today.

Skule™ Mental Health Bursary

Initially conceptualized by students advocating for reform, the Bursary offers direct financial assistance to undergraduate U of T Engineering students facing difficult or unexpected situations.

With every dollar contributed, both the faculty and the Engineering Society pledge to match the donation. That's a 2:1 match that triples the impact of your generosity!

DONATE NOW



Student Mental Health & Wellness Fund

The Student Health & Wellness Fund supports services and programs that encourage mental wellness — from counselling to recreation, and training to financial support. These accessible resources will ensure students have assistance they need throughout their journey.

DONATE NOW

Engineering Student Emergency Grants Fund

The Emergency Grants Fund provides immediate financial relief to undergraduate engineering students who are experiencing urgent unexpected costs and have exhausted all other sources of support. Examples could include health expenses, family crisis, loss or damage to essential equipment such as laptops or safety gear, or other adversity.

DONATE NOW



To further support or learn more about this program, please contact:

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