

Name	Phone	Email	Notes
UTSC Resources			
Telus Health Student Support	1 844 451 9700	Uoft.me/myssp	provides 24/7 confidential support in different languages
Health & Wellness Centre	416-287-7065		https://www.utoronto.ca/hwc/
Mental Health Services and Resources for UTSC Students		https://www.utoronto.ca/hwc/mental-health-services-and-resources-utsc-students	Offers a variety of on and off campus resources
UoFT Chaplain Resources			
Imam Abdul Hai Patel	416-282-4342	afsaz@rogers.com	
Imam Yasin Dwyer	905-920-1050	ydwyer@gmail.com	
Olfat Sakr		olfat@mcuoft.com	
Community Resources			
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)		info@jumacircle.com	https://www.facebook.com/UnityMosque/
Young Muslims' Hotline	416.623.9080		http://web.youngmuslims.ca/
Shelters for Muslim Women and children			
https://nisahomes.com/			
https://www.sakeenahcanada.com/			