

MPP MENTAL HEALTH & ACADEMIC RESOURCES

MPPSA 2020 - 2021



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A MESSAGE FROM YOUR MPPSA

Please know that you are all incredible and bright individuals. We, as your MPPSA, are so proud of your hard work and thankful to have you all in our lives. We hope everyone is staying mentally and physically healthy as we all continue to navigate this difficult time. We recognize the difficulties of online learning but want to ensure you that your year will be memorable and that you have our support every step of the way. We are all in this together!

To support you in your online MPP experience, this resource provides a breakdown of available mental health services, some helpful tips from Y2s and professors on effectively tackling online learning challenges, and some advice for reading academic articles efficiently. Reach out to members of the MPPSA with any questions or concerns!

WE LOVE YOU ALL! HERE'S TO THE YEAR AHEAD!



MENTAL HEALTH RESOURCES



Maintaining strong mental health is incredibly important as we attempt to navigate these unusual times. Please know that if you find yourselves in situations where support is needed, there are many resources at your disposal. See below for some of your options and reach out to the MPPSA if you ever need additional support and/or clarifications.

COUNSELLING SERVICES

Health & Wellness Centre

www.studentlife.utoronto.ca/hwc
416-978-8030

My Student Support Program

www.studentlife.utoronto.ca/hwc/myssp
1-844-451-9700
001-416-380-6578 (outside North America)
Text-based support via App

Good2Talk

www.good2talk.ca/
1-866-925-5454
Text GOOD2TALK to 686868

7 Cups

www.7cups.com
App available for
download

SERVICE PROVIDERS

NAVI: Mental Health Virtual Assistant

prod.virtualagent.utoronto.ca
Chat online for immediate assistance

ConnexOntario

www.connexontario.ca
1-866-531-2600
Chat with agent via phone, web, or App

Student Life: Feeling Distressed?

www.studentlife.utoronto.ca/task/support-when-you-feel-distressed
U of T Student Life Resource Directory

APPS FOR HEALTHY MINDS

Moodfit

Designed to brighten your mood and get you into "mental shape"

Headspace

Sooth your mind through peaceful meditation!

Happify

Fun activities and games designed to overcome stress and worry

Strava

Join your classmates as we walk, bike and run as a community

Moodpath

Manage your moods and recognize when help is needed

Alo Moves

Yoga, fitness and mindfulness classes

Talkspace

A safe space to talk to licensed medical professionals

BetterHelp

Sooth your mind through peaceful meditation!

BIPOC RESOURCES

Programs have been contacted to ensure they can provide culturally relevant services for racialized individuals and/or are able to ensure a safe, positive and understanding environment for people of all backgrounds.

Name	Website	Contact	Services	COVID-19 Notes
Taibu CHC	http://taibuchc.ca/en/services/	Clinic: (416) 644-3536 Admin: (416) 644-3539	Counselling and Telemedicine	On-site appointments available for essential urgent care only. Some services can be carried out by phone
Across Boundaries	https://www.acrossboundaries.ca/	Tel: (416) 787- 3007 Fax: (416) 787 - 4421 Email: info@acrossboundaries.ca	Support Groups Psychiatric Consultation Drop in Mental Health Consultations Alternative Healing	All appointments have been moved online or are conducted by phone
Black Youth Helpline	https://blackyouth.ca/services/#our-services	Call: 416-285-9944 Toll Free: 1-833-294-8650 Email: info@blackyouth.ca	Multicultural Youth Helpline & Services Parent & Family Support	Not listed
What's Up Walk-In	https://www.whatsupwalkin.ca	Call Mental Health T.O at 1-866-585-MHTO	"Walk in" Counselling sessions available by phone and video	Offering counselling online and by phone
Planned Parenthood Toronto	http://www.ppt.on.ca/mental-health/	Call clinic reception team at 416-961-0113 for updates on the current wait list	Individual Counselling Relationship Counselling Group Counselling	Not listed
Stella's Place	https://stellasplace.ca/about-us/	Phone: 416-461-2345 Fax: 416-461-2345 Email: connect@stellasplace.ca	Drop in counselling Peer to peer support Individual counselling available for registered patients	Some programming moved online via BeanBagApp. Physical location closed.
Sherborne Health	https://sherborne.on.ca/	Call (416) 324-4180 Mental Health: https://sherborne.on.ca/mental-health-services/	Family health care, counselling, health education and supportive services Mental Health Services	Not listed
AbilitiCBT	https://myicbt.com/	N/A	Online Guided Cognitive Behavioural Therapy	Fully virtual
Access Point	http://theaccesspoint.ca/about/	E: info@theaccesspoint.ca T: (416) 640-1934 Toll Free: 1-888-640-1934	Application Processing for Mental Health and Housing Services	Has moved online/over phone

Therapists

Check out the following directory supplied by Healing in Colour: <https://www.healingincolour.com/directory>

City of Toronto's Anti-Racism & Mental Health Resources

See the full list at: <https://www.toronto.ca/wp-content/uploads/2020/01/96a4-t4a-abr-bmh-resources.pdf>

ONLINE LEARNING TIPS

FROM Y2 STUDENTS



ASYNCHRONOUS LEARNING

- Put your phone in another room and distance yourself from distracting items
- Make use of productivity apps like Cold Turkey. You can also block distracting websites or programs on your computer for certain times (i.e. when you're in class or when you want to listen to a lecture)

NOTE TAKING

- Download lecture slides and skim the material prior to watching recording lectures or attending synchronous sessions. Star slides that require clarification
- Add notes to slides where further clarification has been made or where the professor notes it to be an important concept

STUDY TIPS

- Study as you learn, throughout the semester. Stats and Micro go very quickly and it can feel overwhelming when getting ready for quizzes. Make good textbook and lecture notes on a weekly basis so that when it comes time for a quiz, midterm or exam, you will already have all the study notes you need!
- Create a summary list of key concepts discussed in each lecture. My rule of thumb as I'm studying is that if I can write down what the concept is, its significance and be able to calculate it 3 times without looking, I've mastered it and can move on. This helps prevent overstudying while ensuring confidence for the test
- Form small study groups and split the readings for reading-heavy courses. Keep a sign-up list for different readings and keep each other accountable for those readings.

EXAM WRITING

- Sleep the night before!!! I cannot stress that enough! A good 8 hour sleep helps your brain to be energized and sharp for your test the next day
- Study in advance over an extended period of time. Do not try to learn the whole course the night before as it will likely not end well and will result in intense anxiety
- Do the practice exams for quant! They will prepare you very well for the test

WORKING IN GROUPS

- Meet early for projects and define everyone's roles very clearly. Agree on a general timeline of when work is to be done and hold each other accountable
- Google Docs and Google Slides are great tools for collaborating virtually on work

PRESENTATIONS

- Prepare a script and time yourself to ensure you stay within the time limits
- Designate one person to share the slides and practice working the tech before going

BALANCING SCHOOL & PERSONAL LIFE

- Though school is important, actively make time in your day for breaks. Physically schedule time in to your day for fitness or relaxation and make it mandatory
- Students in the past have treated their school life like their work life and only been actively engaged in school work from 9am - 5pm to ensure separation
- Take timed screen breaks to avoid strain, fatigue and headaches



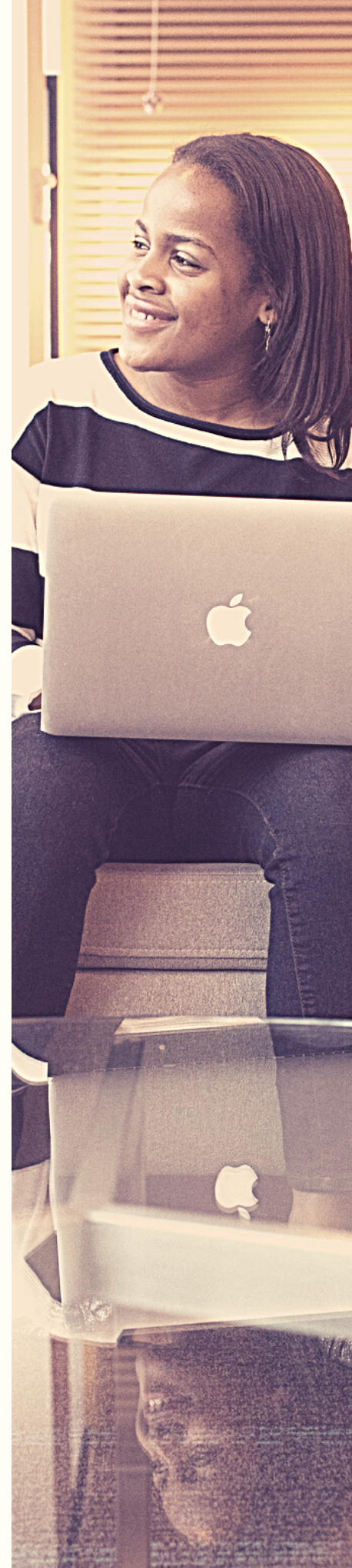
ONLINE LEARNING TIPS

FROM MPP PROFESSORS



- Greet your colleagues and professor when you "enter" the online classroom - as you might if you were in person
- Upload an avatar so your professor has a visual of you, if you do not have your camera on
- Go to virtual office hours - introduce yourself, offer feedback or advice on the online learning experience
- Engage in the chat during lecture in a meaningful way
- Demonstrate you have read and thought about the readings
- Come prepared with a question from the reading(s) for guest lecturers
- Send guest lecturers a quick thank you note, mention something that stood out for you, introduce yourself, and add them on LinkedIn
- Put your screen in black and white so your eyes don't get too tired from the high-contrast micro-flickers
- Turn your camera on when presenting or speaking
- Get different "virtual backgrounds" for Zoom (if possible) if you do not want to show your personal living space on camera

Professors are there to help you. Many are open to building professional relationships and providing guidance. Don't be afraid to build connections!





READING ACADEMIC ARTICLES *Efficiently*

Aim to ask yourself and answer the following questions while you read:

- What is the goal/purpose of the paper?
- What is the background/context surrounding the issue?
- What methods did they use to come to their conclusions?
- What are the results/conclusions, what are the limitations to the findings and why are they significant to that week's discussion?
 - Think about this in terms of policy implications
- What questions or concerns come to mind after reading it?

5 STEPS TO READING SCHOLARLY ARTICLES EFFICIENTLY

- 1** Start with the abstract to define the issue statement (purpose of the article), research question(s), methodology, and a high-level overview of key findings.
- 2** Read the introduction to fill in information about the background/context of the topic as well as a description of the article structure.
- 3** Skip to the conclusion and discussion to fill in summary notes on the article including the key findings, policy implications, and potential limitations.
- 4** Write down the headers of the body of the paper and skim the content, only highlighting relevant facts that add to your understanding of the issue and help to address the questions listed above.
- 5** Write down themes, questions and/or concerns that arise based on your understanding of the reading as it relates to the topic of the week. Identify the significance of the findings for policy and how it ties in with the other assigned readings.