

# Student Health Promotion Initiatives

**Health & Counselling Centre  
Campus Affairs Committee Presentation  
October 16<sup>th</sup>, 2025**

**Tim Fricker, PhD, Interim Dean, Student Experience & Wellbeing  
Dr. Erin Kraftcheck, Medical Director**



# Who We Are



- Family Physicians
- Registered Nurses
- Psychiatrists
- Personal Counsellors
- Dietitian
- Wellness Navigation Advisor/Mental Health Care Coordinator
- Administrative Staff
- Health Promotion professionals
- Student Wellness Ambassadors
- Peers Supporting Peers (PSP) Mentors

# What We Do

- Same-day appointments
- Full service primary care
- Evening hours 2 nights/week
- Personal counselling
- Workshops and group therapy
- Disability and illness documentation
- Daily health education programming
- Peer support model

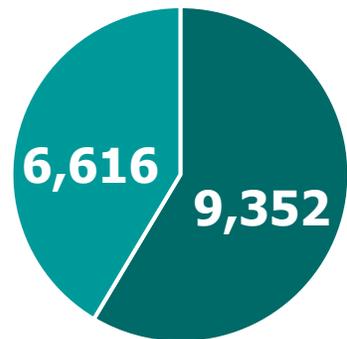


Health &  
Counselling  
Centre

# Clinic Highlights

Total appointments: 15,968

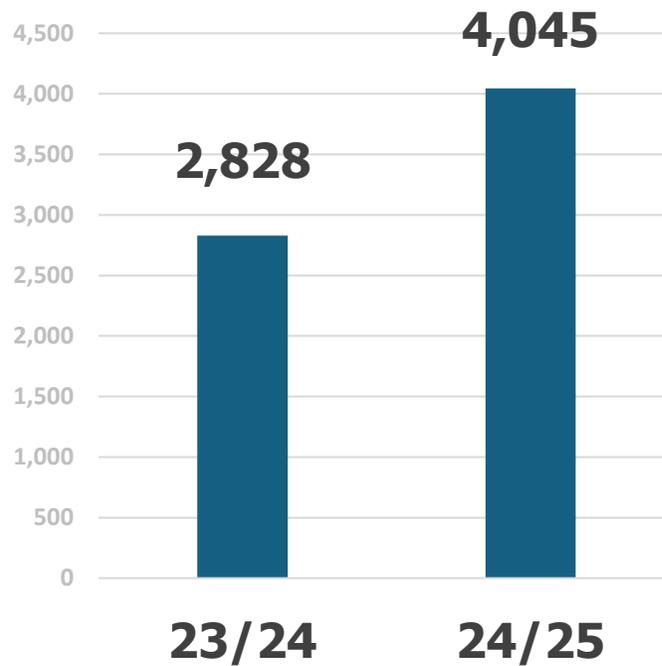
↑ **26%** from 23/24



- Mental Health
- Physical Health

Total Counselling appointments

↑ **43%** from 23/24



## One-at-a-Time Counselling Model

↓ Statistically significant **reduction in ratings of distress** immediately post-appointment

## Student Perception of Mental Health Care



**87%** of respondents satisfied with wait time

# Health Promotion Highlights

Health &  
Counselling  
Centre



15 events with over  
**4,000** participants

Over **500** attendees  
for large-scale events,  
total 86 partners across  
all events

Peers  
Supporting  
Peers

15 mentees offering  
1:1 meetings, tabling  
sessions and weekly  
drop-in sessions with  
over **650** total  
interactions



Over **1,704**  
student visitors  
(326% from 23/24)  
Increased from 8 to  
30 operating hours  
per week



18 tabling sessions  
with over **900**  
meaningful interactions

# Health & Counselling Centre



# Student Experience

Chiara Dango, MPH UofT



# New Initiatives

Health &  
Counselling  
Centre

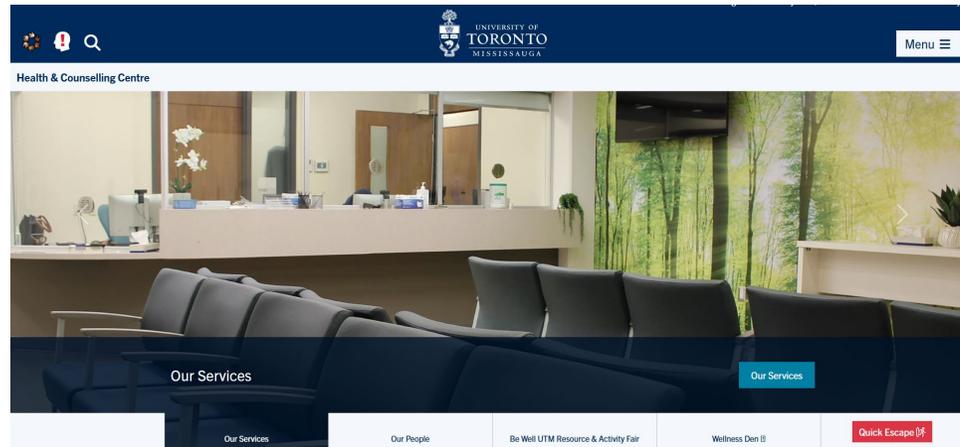
7



- **2 Grant-funded pilot projects**
  - UofT ISEF – International student peer mentorship
  - Peel Public Health – Digital Health
- **Expanding *Ask the Nurse***
- **Operational improvements**
- **Partnership development with THP**



# Thank you



<https://www.utm.utoronto.ca/health/>

 @utmhccwellness

- Tim Fricker, PhD | [tim.fricker@utoronto.ca](mailto:tim.fricker@utoronto.ca)
- Dr. Erin Kraftcheck | [e.kraftcheck@utoronto.ca](mailto:e.kraftcheck@utoronto.ca)