

U of T Annual Mental Health Report – Bill 166

Reporting Period: September 1, 2024 – August 31, 2025

March 2026



Presented by:

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Mental Health, Systems Policy
and Strategy

NEW – Annual Report requirement

Report follows the University of Toronto Stepped-Care Model (established 2022)



Activity Highlights for 2024/25



1. Education and Resource Navigation
2. Health Promotion
3. Peer Support
4. Single Session / One at a Time Counselling
5. Complex Mental Health – hospital partnerships

Navigation simplified & Health Promotion amplified

Mental Health Resource Portal

NEW U of T Mental Health portal launched & had over 55,522 page views during reporting period.

Navi

11,165 messages (30%) pertained to health.

Health Promotion

NEW low barrier, drop-in support, as well as customized programs for Indigenous, BIPOC, 2SLGBTQIA+ students. There were 28,000 contacts with students and health-promotion teams.



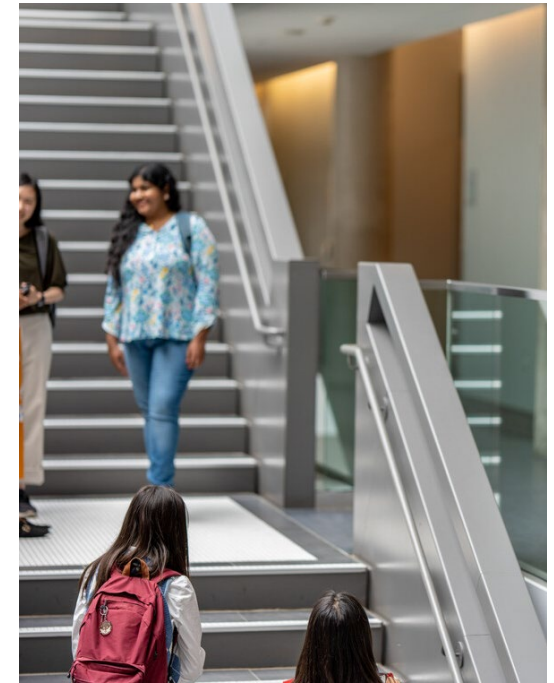
Over 55K
views

28K
contacts

30%
Health-related
questions

Peer Support

- **Students report** – the first step in seeking help, accessing U of T resources.
- Last year, **300 peer connections** through an outreach model (Libraries, etc.).



Health Centres offer 1:1 Counselling services (OAAT)

Mental Health appointments

50% of activity were for mental health (MH) concerns.

Over 14,000 appointments

6423 unique students made appointments (27% MH services).

One at a Time (OAAT) model


86% of these students used one to three OAATs; 14% engaged more sessions.

No wait times


95% of appointment requests booked without delay.




52K
appointments



6423
students



86% for
1:1 sessions



95% had
no wait
times

Supports & Partnerships for complex mental health needs

Psychiatry

- 2041 unique students.
- 10,489 appointments to support students with complex needs.

Hospital Partnerships

- CAMH U of T Navigation Service.
- Scarborough Health Network LINK Campus and UTSC.
- Trillium Health Partnership and UTM – launches in 2026



Looking ahead & future opportunities



Launch of three new health centre spaces on all three campuses



CAMH U of T Mental Health & Neurodevelopmental initiative (ADHD, Autism, etc.)



UTSG Health Centre & Accessibility Services Pilot initiative



Mental Health data strategy, evaluation initiatives will continue

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Thank you

