

Campus Insurance Options for International Students

<u>University of Toronto</u>	Health and Dental Plan: Mental health practitioners – up to \$100/visit and 15 visits/policy year
<u>Toronto Metropolitan University</u>	Extended health coverage 100% coverage - the services of a psychologist, counsellor/social Worker, Master of Social Work or psychotherapists are covered to a maximum of \$1000 based on reasonable and customary charges per benefit year.
<u>York University</u>	YSF Health and Dental Plan – \$125 per visit up to 15 visits
<u>Humber College</u>	80% covered at 300 dollars a year for a psychologist.
<u>George Brown College</u>	80% up to \$1,000 for services of a clinical psychologist, psychotherapist (including RSW and MSW social workers)
<u>Seneca College</u>	The WeConnect Student Assistance Program (SAP) provides eligible students and their dependents with short-term therapy, lifestyle counselling, courses, tools, and events to improve mental and physical health
<u>OCAD</u>	100% per visit – 1000\$ yearly
<u>Ontario Tech</u>	100% covered for max of \$500 yearly
<u>Centennial College</u>	\$500 Combined Maximum for a clinical psychologist/ speech therapist
<u>Trent University</u>	Combined Maximum of \$1,000 per benefit year for: Psychologist / Psychotherapist/ Social Worker (MSW) / Speech Therapist *Maximum of \$1000 per benefit year per participant for: Psychological Educational Assessment / Testing *
<u>University of Waterloo</u>	Licensed Psychologists/Clinical Counsellors/Psychotherapist/Masters of Social Work – 80% per visit up to \$800 annually
<u>Wilfrid Laurier University</u>	Maximum of \$100/visit, up to a combined maximum of \$1,000 per benefit year: Psychologist**Psychotherapist**Social Worker (MSW)**
<u>Conestoga College</u>	Psychologist/Social Workers – 70% per visit for an annual maximum of \$300
<u>Algonquin College</u>	Up to 2000 for outpatient psychologist/psychotherapy care
<u>Niagara College</u>	Up to 2000 for outpatient psychologist/psychotherapy care
<u>Queens University</u>	Free access to Empwr MePsychologists, clinical counsellor or practitioner with a Master's degree in Social Work: 90% per visit, annual maximum of \$1000
<u>Fanshawe College</u>	Psychologist, Social Worker and Psychoanalyst \$1,000 combined maximum benefit per student year
<u>McMaster University</u>	80% up to 300 each year: combined services: clinical psychologist, psychotherapist or speech therapist



Accessing East Asian Mental Health Resources

Shanti
Psychotherapy



Scan to book a
free
consultation

Mental health conversations can feel difficult across cultures — you deserve support that understands your experiences.

At Shanti Psychotherapy, we understand the unique pressures many East Asian communities face in balancing family expectations, cultural values, and emotional resilience.

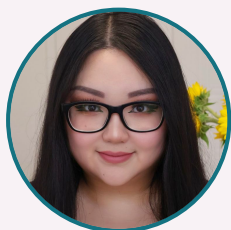
We provide culturally informed therapy in English, Cantonese, and Mandarin.

How to start:

- 1.1. Scan the QR code
2. Book a free consultation
3. Use your student insurance coverage



Meet your culturally informed therapist, **Cherry Wang, MSW**



Contact Us

(437) 747-0692

intake.shantipsychotherapy@gmail.com
www.shantipsychotherapy.ca

I'm **Cherry**, a therapist offering an empathic and culturally informed approach shaped by my experience as a first-generation immigrant from China. I support clients navigating identity, cultural expectations, anxiety, and life transitions. Therapy available in Mandarin and English.

OHIP Covered Services

- **Community & Hospital Programs**
 - CAMH – Asian Patient Services
 - 416-535-8501 ext. 2
 - Asian Initiative in Mental Health @ UHN/Toronto Western Hospital
 - 416-603-5349
 - Regent Park CHC (Many East Asian Languages)
 - (416) 364-2261
- **East Asian Family & Senior Supports**
 - HongFook Mental Health Association (Many East Asian languages)
 - 416-493-4242
 - Momiji Health Care Society (Japanese senior and caregiver)
 - 416-261-6683
- **Multilingual Community Supports**
 - Yee Hong Centre for Geriatric Care (East Asian Senior and Caregiver)
 - 416-412-4571
 - Across Boundaries – Ethnoracial Mental Health Centre (GTA)
 - (416) 787-3007
 - Japanese Social Services (some may be eligible for their 10CAD/Session counselling)
 - 416-385-9200

Who We Support:

- International students
- First-generation Canadians
- Immigrant families
- East Asian young adults
- Parents & caregivers
- People navigating cultural expectations

Free Distress and Support Numbers

24hrs/7days per week

Text **HOME** to 686868 (Canada-wide)

Toronto Distress Centre

(416) 408-HELP

Kids Help Phone

1-800-668-6868; text HOME to 686868 (Canada-wide)

Good to Talk

1-866-925-5454

Telehealth

24/7

Toll Free 1-877-280-8538

Ask your family doctor to refer you to OHIP-covered services

Meet your culturally informed therapist, **Michael Chu, RP (Q)**



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I'm **Michael**, a therapist offering a warm and culturally informed approach shaped by my experiences between Hong Kong and Canada. I support clients navigating cultural identity, men's mental health, self-esteem, and life transitions. Therapy available in Cantonese and English