

# DROP-IN AFTER HOURS MENTAL HEALTH SUPPORT

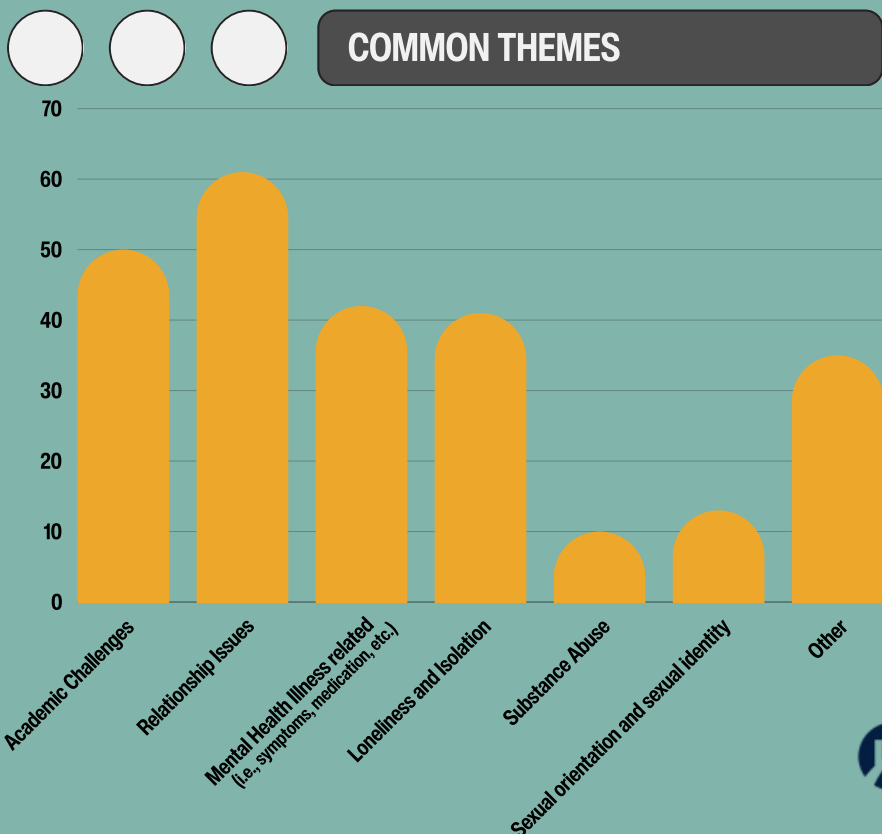
CMHA Toronto offered drop-in mental health support sessions to Humber learners from February 12 to April 16, 2024. They were available at both Lakeshore and North campuses with administrative staff and a mental health clinician from 5pm to 10pm, Monday through Friday.



**+** **779** Total number of engagements - this includes learners who got resources or mental health support services from CMHA Toronto

**+** **227** Number of 1:1 mental health support sessions were provided to learners

**+** **56%** of the available sessions were utilized over the span of 40 days at Humber



**HOW DID LEARNERS HEAR ABOUT CMHA TORONTO?**

Display table **Poster**  
 Returning learner  
**Word of mouth**  
 Wellness Centre **Friends**