



1 May 2020

To students, workers, and all members of the U of T community:

Since the cancellation of in-person classes was announced Friday, March 13th in response to the COVID-19 pandemic, things have been moving very quickly. We welcome the steps taken by the administration to do its part in protecting public health by mitigating community transmission of the outbreak. We also want to acknowledge that these decisions have sometimes been communicated in a way that has caused more anxiety among many members of the U of T community.

Undoubtedly, the current situation has impacted all of us, but has been especially challenging for vulnerable members of our community. In this context, we think it is more important than ever to come together and show solidarity.

There are resources within the University and the general community that are available to students in need of help:

- Emergency financial assistance for Undergraduate Students: <https://future.utoronto.ca/finances/financial-aid/emergency-assistance-grants/>
- For Graduate Students: <https://www.sgs.utoronto.ca/awards/sgs-emergency-grant/>
- Federal government resources: <https://www.canada.ca/en/department-finance/economic-response-plan.html>
- Find a food bank: <https://www.foodbankscanada.ca/utility-pages/find-a-food-bank.aspx>

A number of web-based resources are available on managing your mental health during these trying times:

- Tips for managing mental health during Covid-19: <http://ontario.cmha.ca/news/tips-to-manage-mental-health-during-covid-19/>
- Covid-19 related FAQ by the CMHA: <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- How to discuss Covid-19 with your child: <https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19>

- List of mental health resources collected by the UTGSU Mental Health Committee (GradMinds), including help lines and counseling services:  
<https://www.gradminds.ca/resource-list>

**We also have to look out for one another.** Both student and labour unions on campus are working hard to be there for their members affected by the response to Covid-19. If you are in need of support, know that your union will have your back, whether that means advocating on your behalf with the administration, or helping you locate and access the resources you need.

Let us all remember to be kind to each other and to ourselves. There has been a lot of uncertainty in the past week, but it has also shown us that we can find strength and comfort in community, even as we are physically apart.

Together in solidarity,

Canadian Union of Public Employees, Locals 1230, 1281, 2484, 3902 and 3907  
Graduate Students' Association at Scarborough  
Students for Barrier-Free Access  
United Food and Commercial Workers Union  
United Steelworkers, Local 1998  
University of Toronto Association of Part-time Undergraduate Students  
University of Toronto Faculty Association  
University of Toronto Graduate Students' Union  
University of Toronto Mississauga Student's Union  
University of Toronto Mississauga Association of Graduate Students