

International Student  
**CONNECT**



Étudiants Internationaux  
**SE CONNECTENT**

## HEALTH CARE

### UNIVERSITY HEALTH INSURANCE PLAN

The University Health Insurance Plan (UHIP) is mandatory for all international students at universities and affiliated colleges in Ontario. For more information visit <http://uhip.ca>.

### TRANSITIONING TO OHIP

The Ontario Health Insurance Plan (OHIP) provides health care coverage to eligible residents of Ontario. To find out how to become eligible for OHIP, visit [www.health.gov.on.ca](http://www.health.gov.on.ca) or [findlink.at/ohip-info](http://findlink.at/ohip-info).

When you become a permanent resident in Ontario, you can apply for OHIP at a ServiceOntario office. To find a location near you, call **1-800-267-8097** or visit [www.serviceontario.ca](http://www.serviceontario.ca) or [findlink.at/mto-office](http://findlink.at/mto-office).

You must wait 90 days from the date that you become a permanent resident in Ontario for your OHIP coverage to begin.

During this waiting period, you may be able to access a community health centre for some limited services. However, students transitioning from UHIP to OHIP should plan to purchase private health insurance to cover themselves and their families during the three-month waiting period.

To find a community health centre near you, visit [www.health.gov.on.ca](http://www.health.gov.on.ca) or [findlink.at/healthcare](http://findlink.at/healthcare).

To learn what health care expenses OHIP covers, visit [www.health.gov.on.ca](http://www.health.gov.on.ca) or [findlink.at/healthOnt](http://findlink.at/healthOnt).

### HEALTH CARE SERVICES

**Finding a family doctor** – Many people in Ontario have a family doctor who is the first person a patient sees for medical treatment or diagnosis.

Although it is not necessary, many people appreciate having a family doctor. To find a family doctor, call the Health Care Connect hotline at **1-800-445-1822** or visit [www.ontario.ca](http://www.ontario.ca) or [findlink.at/hc-connect](http://findlink.at/hc-connect).

For further information about doctors, use the Doctor Search at the College of Physicians and Surgeons of Ontario at [www.cpso.on.ca](http://www.cpso.on.ca). Ask your settlement counsellor, family and friends for a referral. To find a settlement agency near you, visit [www.settlement.org/findhelp](http://www.settlement.org/findhelp).

**911** – If you have an urgent, potentially life-threatening medical emergency, dial **9-1-1** and ask for an ambulance.

**Hospital Emergency Room (ER)** – The ER is for immediate and serious medical issues. You can go to an emergency room on your own, or you can call **9-1-1** for an ambulance.

**Walk-in Medical Centres** – For medical issues that need immediate attention but are not emergencies, you can go to a walk-in clinic. You do not need an appointment to see a doctor at a walk-in clinic.

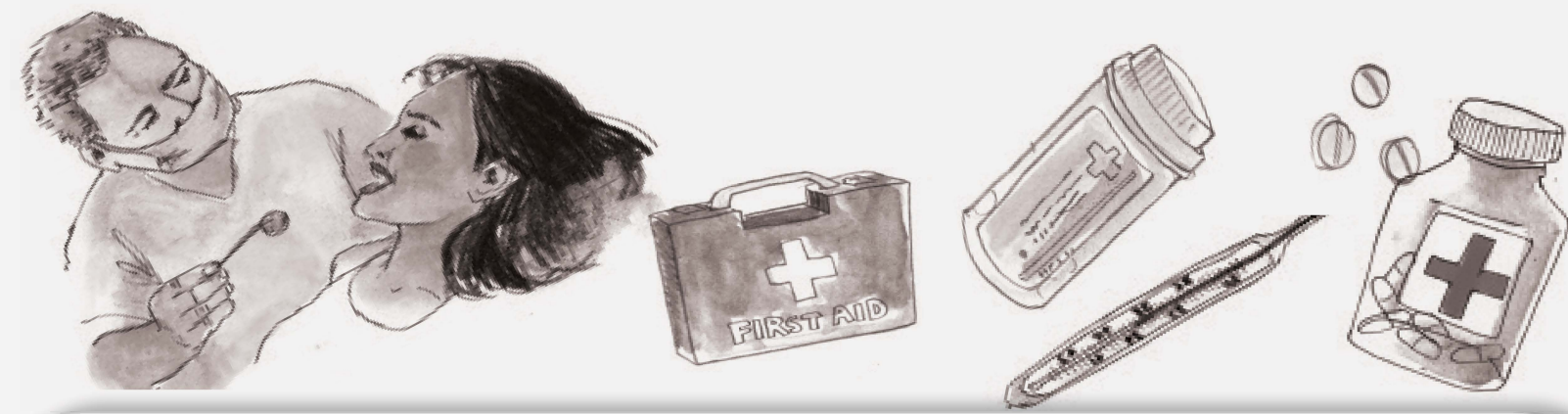
Find a clinic near you at [www.ontario.ca](http://www.ontario.ca) or [findlink.at/hcoptions](http://findlink.at/hcoptions).

**Telehealth Ontario** – For medical advice from a nurse, call Telehealth Ontario at **1-866-797-0000**. Telehealth nurses are available 24 hours a day, seven days a week. Advice is provided in English and French, with translation support in other languages.

**Teletypewriter (TTY): 1-866-797-0007.**

### MENTAL HEALTH SERVICES

All students must adjust to a new social and educational environment. For international students, the transition to institutions of higher education can come with additional stress factors owing to the demands of cultural adjustment.



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Some educational institutions offer counselling support for students – check with your university or college to see if this service is available. There is also the option of paying for private counselling and to find professionals in this field, speak to a counsellor in your educational institution or look in the yellow pages at [www.yellowpages.ca](http://www.yellowpages.ca).

Ontario Health Insurance (OHIP) covers some mental health services. Learn more from ConnexOntario at [www.connexontario.ca](http://www.connexontario.ca). You can also call the Ontario Mental Health Helpline at **1-866-531-2600**, or visit [www.mhsio.on.ca](http://www.mhsio.on.ca).

For more information about mental health services in Ontario, visit [www.camh.ca](http://www.camh.ca).

## DENTAL CARE SERVICES

Dental care is not covered by either UHIP or OHIP except for some dental procedures that need to be performed at a hospital. Healthy Smiles Ontario is a free dental program that provides dental care to children under the age of 17. The program is designed for lower-income families in need of support.

To find out if you are eligible, call 1-800-268-1153 or visit [www.health.gov.on.ca](http://www.health.gov.on.ca) or [findlink.at/smiles-ont](http://findlink.at/smiles-ont). To find a dentist:

- Use the Ontario Dental Association 'Find a Dentist' service at [www.youroralhealth.ca](http://www.youroralhealth.ca).
- Visit [www.settlement.org](http://www.settlement.org) or [findlink.at/findentist](http://findlink.at/findentist) for more tips on how to find a dentist.

For tips on how to take care of your teeth, visit the Canadian Dental Association website at [www.cda-adc.ca/en](http://www.cda-adc.ca/en).

## VACCINATIONS

Learn about Ontario's vaccination services for adults and children at [www.health.gov.on.ca](http://www.health.gov.on.ca) or [findlink.at/immuneinfo](http://findlink.at/immuneinfo).

To find the location of your local public health unit, call ServiceOntario at **1-866-532-3161** or visit [www.health.gov.on.ca](http://www.health.gov.on.ca) or [findlink.at/ph-units](http://findlink.at/ph-units).

### IMPORTANT NOTE

There is a higher probability that young people between the ages of 15 and 24 will experience mental health and/or addiction problems than any other age group.

If you need help or know someone who does, do not hesitate to call the Ontario Mental Health Helpline at 1-866-531-2600.