

Peer Support Centre x MACSS Resources and Services List

Crisis Numbers (bilingual and available 24/7)

Crisis Services Canada (for those who are thinking of suicide or are worried about a friend or a loved one, 24/7 bilingual hotline. Text line available 4 pm - 12 am ET at 45645) https://www.crisisservicescanada.ca/en/	833-456-4566
Suicide Action Montreal Hotline (for those who are thinking of suicide, concerned friends/family, or anyone affected by suicide) suicideactionmontreal.org	514-723-4000
TRACOM Centre for Crisis Intervention (offers 24/7 crisis line, temporary housing, follow-up, and crisis intervention) tracom.ca	514-483-3033
Tel-Aide (for loneliness, anxiety, stress, relationship problems, addiction, violence, grief, etc.) telaide.org	514-935-1101

ROSSY STUDENT WELLNESS HUB

514-398-6017 | <https://mcgill.ca/wellness-hub/>

The Hub incorporates Health Services and Counselling and Psychiatric Services, on the 3rd, 4th, and 5th floors of the Brown Building in a newly renovated space. It includes the Healthy Living Annex, which consolidates services like Healthy McGill and the Shag Shop. An appointment can be made by phone (10 AM - 3 PM) or in person during office hours (8:30 AM - 4:30 PM). All students who are registered for classes and have paid the Student Services fee can access the Hub. Services offered can be received from a doctor/nurse, counsellor, psychiatrist, or a dietitian. Students can indicate if they would like their counsellor to be: 1) French-speaking, 2) Indigenous, 3) of a particular gender, or 4) to specialize in LGBTQ+ experiences. Please note, you must be located in Quebec in order to access counselling services.

OFFICE FOR STUDENTS WITH DISABILITIES (MYACCESS)

514-398-6009 | mcgill.ca/osd | disabilities.students@mcgill.ca | Redpath Library Building RS56

The OSD (myAccess) aims to facilitate and support the inclusion of diverse learners. Other than exam and note-taking accommodations, the OSD also holds workshops on various topics (e.g. anxiety, ADHD, learning techniques, apps for busy students, writing apps, etc.), runs a mentorship program and a study partner program, as well as provides access to a computer lab and many adaptive software and equipment.

First appointments must be made with an Access Advisor via an online form on their website.

The first meeting can be done in person or via Skype.

INTERNATIONAL STUDENT SERVICES (ISS)

514-398-4349 | mcgill.ca/internationalstudents | international.students@mcgill.ca | Brown Building 4400

The ISS supports international students at McGill, and aims to ease their transition to their new life here. The ISS provides information about health insurance, assistance in applying for documentation to study or work in Canada, language support and more. It also runs the Buddy Program, as well as many workshops (including a workshop about winter).

PEER SUPPORT CENTRE (PSC)

11 AM - 5 PM weekdays | <https://us02web.zoom.us/j/82928729588> | <https://psc.ssmu.ca/>

The PSC is a confidential, non-judgemental and non-directional active listening service, run by students for students. Stressed? Lonely? Feeling down? Or just want to chat? The PSC is ready to hear you out. If you need help but aren't sure where to turn, our peer supporters are also happy to connect you with other resources. Drop-in or [make an appointment](#) to chat one-on-one with a supporter about anything on your mind. If you would like, you have the option to book an appointment with a supporter who identifies either as BIPOC or 2SLGBTQIA+! Currently sessions are held over Zoom, and drop-ins are still available.

NIGHTLINE

514-398-6246 (MAIN) | 6 PM - 3 AM every night during the school year

Currently available only as a Chat Line due to the Pandemic. You can access the chat line here: [chat line](#). McGill Students' Nightline offers a confidential and anonymous information, listening and referral service. Ready to take calls on virtually any topic, Nightline's volunteers are there to help answer information questions, such as inquiries regarding academic policies, directions, or even food delivery numbers. As well, their lines are open to anyone who just wants to chat about something that might be on their mind, such as exam anxiety or relationship troubles.

SEXUAL ASSAULT CENTRE OF MCGILL STUDENTS' SOCIETY (SACOMSS)

514-398-8500 | sacomss.org | main@sacomss.org | SSMU Building B-27

SACOMSS is a volunteer-run organization committed to supporting survivors of sexual assault and their allies through direct support, advocacy, and outreach. SACOMSS provide a crisis helpline, in-person support, support groups, advocacy, as well as community initiatives such as workshops and peer education.

McGill Eating Disorder Support Centre (Available starting Winter 2020)

eatingdisorder@ssmu.ca | <https://ssmu.ca/resources/eating-disorders/> | fb.com/ssmueatingdisorderawareness

The Eating Disorder Support Centre will organize support groups and drop-in programs specialized for eating disorders. If interested in joining a support group, students can email

e.d.advocacy@ssmu.ca, however, the earliest support group will begin in November 2019.

Local Wellness Advisors (LWA)

<https://mcgill.ca/wellness-hub/get-support/local-wellness-advisors>

LWAs are trained clinicians who can connect students with the appropriate resource for their unique situation. They are also available for one-on-one appointments. There are currently 11 LWAs on campus: Arts, Education, Engineering, Graduate, International, Law, MacDonald Campus, Music, Residences, Science, and Varsity Sports.

Suicide Action Montreal Hotline

514-723-4000 | suicideactionmontreal.org

Suicide Action Montreal offers support services, crisis workers and monitoring for people who are at risk of committing suicide, for their friends and family and for people affected by suicide. All communication is confidential, available 24/7 free of charge.

Tel-Aide

514-935-1101 | telaide.org

Tel-Aide offers a free listening service, in English and in French, which is anonymous, confidential and 24/7. Services are available for everyone who needs to talk confidentially about their problems, or who is thinking of suicide.

Keep.meSAFE

Available through the MySSP App | 24/7

Keep.meSAFE is a mental health counselling service, offered to students in partnership with SSMU and PGSS, that provides 24/7/365 access to licensed counsellors through telephone and mobile chat in over 60 languages. To access this service, download the MySSP app for [Apple iOS](#) or [Android](#). You can learn more about this service on [SSMU's website](#). Available to students located anywhere in the world.

McGill Office of Religious and Spiritual Life (MORSL, formerly known as Chaplaincy)

514-398-4104 | mcgill.ca/morsl | morsl@mcgill.ca | *Brown Building 2100*

MORSL is dedicated to raising religious literacy and enhancing spiritual wellness at McGill. MORSL has chaplains or faith liaisons who provide spiritual support for Atheist, Buddhist, Christian, Gnostic, Hindu, Jewish, Muslim, Quaker, Sikh, and Universalist Unitarian students. They also hosts a lounge with free tea and snacks, drop-in Yoga every Friday, weekly Zen Practice, visits to various sacred sites around Montreal ("My Neighbour's Faith" program), as well as a lounge and a non-denominational prayer/meditation space that is open Monday to Friday, 10 AM - 4 PM.

First People's House (FPH)

514-398-3217 | mcgill.ca/fph | firstpeopleshouse@mcgill.ca | 3505 Peel

The FPH strives to provide a “home away from home” for First Nations, Inuit and Métis students at McGill University. The house itself has a library, hosts regular events (including weekly gatherings), runs the Indigenous Student Mentorship Program (Cousins), and offers a large resource of information for Indigenous students.

McGill University Sexual Identity Centre (MUSIC)

514-934-1934 ext. 43585 | mcgill.ca/cosum | music.cosum@mcgill.ca | Montreal General Hospital (1650 Cedar) A2-160

MUSIC provides specialized mental health care to individuals, couples and families with sexual orientation issues, covered under RAMQ or McGill student insurance. Our clientele includes people who are questioning their sexual orientation or who feel unhappy about it, individuals and couples seeking to improve the quality of their interpersonal relationships, and couples and families who have concerns about a loved one's sexual orientation.

Black Students' Network of McGill (BSN)

ssmu.ca/bsn | facebook.com/BlackStudentsNetworkOfMcGill | bsnmcgill@gmail.com | SSMU Building 415

The BSN is dedicated to addressing the needs and interests of Black students at McGill; however, all interested students, irrespective of race, culture or creed, are encouraged to participate in the organization's numerous events and activities. The BSN aims to sensitize the McGill and Montreal community about issues concerning Black peoples, and people of colour in general. It holds events (talks, seminars, vigils, etc.), hosts a large library collection, and serves as a great resource about race issues.

Trans Lifeline

877-330-6366 | translifeline.org/

This line is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. While the goal is to prevent self harm, any transgender person in need are welcome to call.

Union for Gender Empowerment (UGE)

514-398-2569 | unionforgenderempowerment.org | unionforgenderempowerment@gmail.com | SSMU Building 413

The UGE is a trans-positive feminist service of SSMU, which coordinates an alternative lending library (with over a thousand titles), a co-op (which sells pay-what-you-can ecologically responsible menstrual products, DIY sex toys, safer sex supplies, and gender empowerment items), and a zine library. The UGE also runs trans 101/allyship and anti-oppression workshops for other organizations and projects, and has a resource binder with information about abortion

services, counseling, and queer/trans-friendly health services in Montreal. They also host a lounge in their office, where anyone is welcome to spend time (with a microwave, kettle, and dishes). During the pandemic, they are hosting weekly office hours over Zoom. Please check out their Facebook page for more information!

Queer McGill

514-398-2106 | facebook.com/pages/Queer-McGill/23883717465 | SSMU Building 432

Queer McGill is a hub for queer students on campus to have a space where they feel accepted, as well as an active space for advocacy. They also run Rad Sex Week, a week long series of activities that aims to inform about and discuss topics like gender, sexuality, sexual health and activism. During the pandemic, they have weekly office hours where you can chat and hang out in a queer, safe(r) space, as well as weekly events to stay connected with the community. Check out their Facebook for more information on this.