

Compiled by Julian Guidote, Science Undergraduate Society Mental Health Committee
Reviewed by Melissa A. Cobbler, Local Wellness Advisor in Science, on November 10th, 2020

Resources for Staff

- For McGill Employees and their families: Free Counselling and Services through the [EFAP](#)
- [Prioritize your Mental Wellness While Working from Home](#): The Mental Health Commission of Canada has compiled six suggestions for those working from home.
- Visit the [Physical wellness section of the Health and Well-Being website](#) for more resources on how you can fit physical activity into your routine.
- Human resources has a general wellness page for all employees: <https://www.mcgill.ca/hr/benefits/health-well-being/resources>
- Health and Wellbeing Program offers regular events as well:
- <https://www.mcgill.ca/hr/benefits/health-well-being/events-challenges>

Resources for Students

- Local Wellness Advisor in Science (Melissa A. Cobbler) - offers wellness guidance and resource navigation for health needs on- and off-campus. Please visit the Student Wellness Hub for more information, <https://www.mcgill.ca/wellness-hub/science-students-group-programming>
- GPS – offers support to graduate students. <https://www.mcgill.ca/gps/>
- Student Services <https://www.mcgill.ca/student-services/> promoting student well-being and success
- Engagement activities and events <https://www.mcgill.ca/student-services/events> collaborating with student leaders to create virtual communities for our diverse student populations, including virtual faith groups and LGBTQia2+ communities, among others.
- International Student Services <https://www.mcgill.ca/internationalstudents/>
- Student Wellness Hub <https://www.mcgill.ca/wellness-hub/> continues to offer access to basic physical and mental health services, as well as providing wellness and life skills workshops.
- Scholarships & Student Aid Office <https://www.mcgill.ca/studentaid/> offers help with financial concerns related to travel or living expenses and has financial counsellors that can provide assistance for internet-or equipment-related costs associated with remote learning.
- keep.meSAFE <https://pgss.mcgill.ca/en/keep.mesafe> is a mental health counselling service that specializes in student mental health support. This service is FREE for all McGill students.