

YOUR GUIDE TO WELLNESS RESOURCES

COUNSELLING AND PEER SUPPORT

1. **WELL Office** 1:1 short-term counselling. For an appointment, book [here](#)
2. **MSW trained peer support listeners** - Book a session by filling this [form](#)
 - Non-judgmental and confidential space with a peer from the faculty of Medicine
 - You can also reach out to the VP Wellness for more info or to set up a session: msw.mss@mail.mcgill.ca
3. **Peer Support Centre** by SSMU (for an appointment, book [here](#))
 - Student volunteers sessions to providing empathetic, empowering and non-judgmental peer support
 - Option for **BIPOC support**
4. **WELL Office support groups** (refer to the WELL Office [calendar](#))
 - 2SLGBTQIA+ Learner Gathering, BIPOC Learner Gathering
 - Parents' Night for Medical Learners



DISTRESS

1. **Complete list of emergency resources**
2. **Suicide Action Montreal:** 1-866-277-3553 (or visit their [website](#))
 - Emergency lifeline to support you when struggling with suicidal thoughts or if you are worried about a peer or loved one
3. **Tracom:** 514-483-3033 ([website](#))
 - Psychosocial crisis intervention, free, professional, bilingual, 24/7
4. **PAMQ:** 1-514-397-0888 (Montreal) ([website](#))
 - Quebec Help line specifically for doctors, residents and medical students
5. *** The WELL office can accommodate **urgent appointments** for situations of acute stress during business hours - [contact WELL office directly](#)

HEALTH

1. **McGill Wellness Hub** ([here](#))
 - Physical and mental health services (access, to physicians, dentists, nurses, lab work, psychiatrists, psychologists)
 - a. **[McGill Dental Clinic](#)**
 - b. **[McGill Sport Medicine Clinic](#)**
 - c. **[Access Remote Services](#)**
 - d. Program for eating disorders also available
2. **[Cllic Santé](#)**
 - Government of Quebec's website to access quick health appointments/resources, available even if you have no family doctor



LEGAL AID

1. **Legal Information Clinic** at McGill ([here](#))
 - Non-profit, student run, bilingual and **free legal information service**
 - **[Student Advocacy Program](#)** : provides free and confidential advice and representation in cases where McGill students are going through disciplinary, grievance or appeals processes.



FINANCES

1. **Government aid** - Quebec, out of province and international students
2. **Scholarships and Student Aid** by McGill Student Services ([here](#))
 - a. [The Frugal Scholar's Path to Financial Wellness](#): a comprehensive program designed to help you budget effectively and graduate with manageable debt
 - b. [McGill scholarships & aid](#)
 - c. Special funding
 - d. **1:1 Counselling appointments** available (currently [remote](#)).
3. **Financial wellness resources from the Well Office, specific for medical students** ([here](#)).

ACADEMIC/CAREER

1. **WELL Office** 1:1 academic advisor. For an appointment, book [here](#)
2. **McGill Office for Students with Disabilities** (OSD) ([here](#))
 - a. Resources/accommodations for students with disabilities, mental health issues, chronic health conditions or other impairments.
 - b. [Appointments](#) available with access services advisors
 - c. Resources: webinars, note-sharing, access technology and computing resources, peer support, student funding



For additional resources for LGBTQ2+, BIPOC, Indigenous populations and other important resources, refer to the exhaustive list.