

Student Health & Wellness

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My McGill

"The biggest hurdles I faced while I was an undergraduate at McGill were related to my lack of experience with University bureaucracy and how it works. Although, by using the different services offered by McGill (CaPS, Service Point and others) I was able to acquire knowledge on how University works.

I see myself as part of a big McGill family. I know I can always rely on another McGill student like they are my brother or sister. McGill has become a second family in which I strive to succeed. I'm always proud of where I am studying, because I am proud of my McGill family and who we are."

Kevin Jutras, BA 2020

Health Insurance

[Studentcare.ca](https://studentcare.ca)

HOW STUDENT HEALTHCARE WORKS

The SSMU Health and Dental Plan helps students pay for services that are not covered by provincial health care. All SSMU members (undergraduate students on the downtown campus including Law, Medicine, and Dentistry students) registered in the fall semester and paying Canadian or Quebec tuition rates are automatically registered for StudentCare and covered from September 1 until August 31 of the next year. International students are automatically covered by the SSMU Dental Plan. International student health insurance is administered by the University via the Blue Cross International Student Health plan.

Students starting in the Winter semester are not automatically enrolled in the plan by the university. They have the possibility to enroll during the January Change-of-Coverage Period by contacting StudentCare at 514-789-8775.

WHAT TO KNOW

- The fees associated with the Health & Dental plan are billed directly to your August McGill e-bill available on Minerva.
- StudentCare pairs with health care providers in Montreal to offer you discounts. Check out these networks on studentcare.ca to find out more.
- You have more than \$10,000 in health care coverage and up to \$5 million in travel coverage. The complete list of benefits is available [here](#).
- You can combine the plan with a parent or spouse's employment benefit plan to maximize coverage, or opt-out of StudentCare altogether, if you choose to use private insurance. Remember, most parental plans stop covering you after the age of 25.
- You can also enroll your spouse, common-law partner, and dependents for an [extra fee](#).
- The SSMU office staff cannot answer specific or personal questions about the plan; you must contact StudentCare directly. Moreover, to respect privacy and confidentiality, only students may make changes to their coverage.

THE CLAIMING PROCESS

For students that have never made an insurance claim before, the process can be tricky to navigate. First, go to studentcare.ca (studentcare.ca) and identify the SSMU as your student association. You will be redirected to a page specifically for McGill undergraduate students. Second, find the claims forms on the right-hand side in a blue box. Finally, complete the correct form(s) using this [guide](https://studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU_Claims_HowtoClaim) (studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU_Claims_HowtoClaim) with information on the deadlines and addresses where to send the forms.

You will need to provide your group numbers on the forms. As a McGill student, they are as follows:

Health, Dental, and Vision (insured by Desjardins): Q1103

Travel (insured by Blue Cross): 97180

Certificate Number : Your 9-digit McGill student ID number.



studentcare.ca

Family Life on Campus

There are lots of on- and off- campus networks and structures helping students who balance family life with going to school. Here are some resources available to you that will help you navigate your school life, as well as connect with your loved ones and other families!

ON CAMPUS RESOURCES

MCGILL FAMILY CARE | mcgill.ca/familycare
family.coordinator@mcgill.ca
3610 McTavish, room 11-3
514-398-5645

The McGill Family Care website provides student caregivers – whether as a student parent, or a student caring for a family member – with information on accessing clubs, services, childcare, and policy information. They also help to organize events and provide an online community to connect student caregivers at McGill.

THE SSMU DAYCARE / NURSERY |
daycare.ssmu.ca | daycare@ssmu.ca
3600 Rue McTavish, Suite 2300
514-398-8590

Located in McGill's Downtown campus, the SSMU Daycare / Nursery is an English-based centre set up to receive up to 40 infants aged less than 18 months and children aged up to five years (8 infants and 32 children). The educators are dedicated to providing children with a safe and emotionally-secure environment during their formative years. The spaces are subsidized and priority is given to full-time McGill undergraduate and postgraduate students. Visit their website for more information and go to laplace0-5.com to register your child on the waiting list.

OFF CAMPUS RESOURCES

QUEEN ELIZABETH HEALTH COMPLEX |
qehc.org
2100 Avenue de Marlowe, suite 102
(514) 485-5013

The Queen Elizabeth Health Complex is a not-for-profit community-led organization which works in partnership with others to promote and preserve the health and well-being of all members of the community. They provide a variety of services including ultrasounds, mammogram tests, and lactation consultations. you can visit their urgent care clinic twelve hours a day (from 8 a.m. to 8 p.m.), 365 days a year. However, during the Covid-19 crisis, an appointment must be made online using the Quebec Medical Appointment Scheduler. (rvsq.gouv.qc.ca/fr/accueil)

QUEBEC DAYCARE SUBSIDIES |
findingqualitychildcare.ca/quebec

In Quebec, many daycares have spaces subsidized on a sliding scale, from \$7.30 to \$20 per day. The link above will help you understand and navigate the childcare process.

OFF-CAMPUS HOUSING |
mcgill.ca/students/housing/offcampus

Unfortunately, there currently isn't any on-campus, family-style housing options at McGill. However, you can get in touch for help with finding housing off-campus. Check out **page 58-59** to find out more info about your options. The VP (External Affairs) is also working on intergenerational housing; you can email them directly at external@ssmu.ca for more information.

While there currently does not exist any on or off-campus, family-style housing options at McGill, there are plenty of services to support you, and help you find the right environment for you and your loved ones.

Moreover, as part of the Affordable Housing Plan (see **page 55** of the handbook to find out more about the plan), the office of the Vice-President (External Affairs) is working to establish the feasibility and to incorporate intergenerational housing in the to-be built student housing structures.

Spirituality and Religion

The McGill Office for Religious and Spiritual Life (MORSL)

morsl.ca/morsl | FB @morsl

MORSL is your religious and spiritual place on campus, welcoming all students, of any faith or religious denomination - and also those without any religious affiliation. As it is one of the few intentionally religion-positive spaces on campus, students can experience and model peaceful and celebratory religious pluralism via various resources and activities, including workshops, events, publications, a lounge and a meditation space. Visit their website for more information.

Chabad at McGill

chabadmcgill.com | FB @chabadatmcgill

The Chabad Jewish Student Center at McGill University is one of over 100 on-site Chabad on Campus centers across North America. They offer the anchor and embrace of 'family' for Jewish students regardless of background, observance or affiliation.

McGill Sikh Student's Association /

[FB @sikhstmcgill](https://fb.com/sikhstmcgill)

The McGill Sikh Student's Association provides the community and Sikh students with an all-inclusive platform to connect and promote an understanding of the Sikh way of life.

McGill Thaqalayn Muslim Students' Association **[FB @McGillTMA](https://fb.com/McGillTMA)**

The McGill Thaqalayn Muslim Students' Association (TMA) grew out of a desire to provide a space for Muslim students, especially those who identify as Shi'i, to practice their faith and rediscover their values. They hold events for Islamic occasions, arrange lectures and panels, network with other Muslim and non-Muslim clubs to host collaborative events, and most importantly, provide an environment for Shi'i students to interact and discover a sense of community.

Hillel McGill

hillel.org/college-guide/list/record/mcgill-university | FB @HillelMTL

Representing the vast and diverse Jewish community here at McGill, Hillel McGill supports and facilitates student initiatives that promote Jewish values. They offer a wide variety of programs, events, internships, and connection opportunities for everyone to take part in. From socials to Shabbat services, fashion to politics, Hillel's vision is that every student is inspired to take part in Jewish life on campus!

Muslim Student's Association

msamcgill.com | FB @MSAMcGill

The MSA brings together Muslim students to provide resources, essential services, and educational tools needed to enhance their university experience. Through the services and events provided, the MSA aims to facilitate the spiritual and social growth of its members, as well as the larger McGill community, supporting diverse student needs.

The Newman Centre

newmancentre.org

[FB @newmancentremcgill](https://fb.com/newmancentremcgill)

The Newman Centre of McGill University is the home of the Catholic intellectual and spiritual life at McGill University.

InterVarsity – McGill Christian Fellowship (MCF)

mcgillcf.com

[FB @ivfmcgillcf](https://fb.com/ivfmcgillcf)

McGill Christian Fellowship (MCF) is a community of McGill students committed to following Jesus, where all are welcome and invited to love one another and be loved by God. As part of InterVarsity Christian Fellowship of Canada, MCF gathers students through prayers, worship and fellowship in order to grow in their relationship with God. Their community is open to people of all faith backgrounds and those who are interested in exploring faith for the first time.

Eating Disorders

mcgill.ca/wellness-hub/self-help/healthy-eating

WARNING: This page discusses eating disorders. some of the content is sensitive and meant to help students

Eating disorders (also known as EDs) can be hard to understand and to navigate. There are many factors that can lead to EDs, such as biological, psychological, and social factors. They often exist with other factors like depression, substance abuse, and/or anxiety disorders. Eating disorders have the highest mortality rate of all psychiatric disorders, therefore, it is important to get help quickly if you or someone close to you is experiencing this.

RESOURCES

ANEB QUEBEC | anebquebec.com/en
(514) 630-0907 | 1 (800) 630-0907

Anorexia and Bulimia Quebec (ANEB) offers services like help and referral phone lines, open and closed support groups, and online help given in both English and French to those suffering from EDs. They also provide help for helping someone you care about.

DOUGLAS HOSPITAL EATING DISORDER PROGRAM | montrealamilies.ca/health/douglas-eating-disorders-clinic
6603-6605 Boulevard LaSalle
(514) 761-6131 ext. 2895

The Eating Disorder Program at the Douglas Hospital has an out-patient clinic, a day program as well as an in-patient unit. Before contacting them, you need a referral from a health care professional to access the program. You will need to visit your family doctor or the McGill Student Wellness Hub first (**page 14**).

NEDIC | nedic.ca

1 (866) 633-4220

Hours: 9:00 am - 9:00 pm | Monday through

Thursday (until 5pm on Friday)

NEDIC is a toll-free helpline and website, providing information and support to Canadians who are directly or indirectly affected by EDs. Staffers will be able to provide local resources and referrals from a national directory of more than 700 service providers.

SSMU EATING DISORDER RESOURCE AND SUPPORT CENTRE

ssmu.ca/resources/eating-disorders

FB @ssmueatingdisorderawareness

Starting as an Eating Disorder Awareness Campaign led by the 2018-19 VP (Student Life), the now-established Centre provides on-campus, peer support for those experiencing an eating disorder. Contact support-eating-disorders@ssmu.ca for more information.

Mental Health

During Covid-19, mental health has all been on our mind and as students it has taken a great toll. At McGill, there is a wide array of health and wellbeing initiatives offered by students, by McGill, and by the wider Montreal Community. The SSMU encourages students to take advantage of the resources and activities that are available so that they can cultivate their wellbeing during their time at McGill. If you have any questions or concerns reach out to the Mental Health Commissioner at: mentalhealth@ssmu.ca

KEEP.MESAFE ssmu.ca/blog/2020/03/mental-health-resource-available-keep-mesafe

Keep.meSAFE is a service that is available to all McGill students. It is a mental health counseling service that specializes in student health support and provides access to resources free of charge for all students. [Download \(https://www.mcgill.ca/continuingstudies/keepmesafe\)](https://www.mcgill.ca/continuingstudies/keepmesafe) (scroll down webpage hyperlinked) the MySSP mobile application for access to:

- 24/7 unlimited access to licensed counselors through a phone call or mobile chat even when not in Montreal
- Access to appointment-based counselling sessions, including in-person counselling when available
- Mental health care in over 60 languages

HEALTHY LIVING ANNEX mcgill.ca/wellness-hub/get-support/healthy-living-annex FB @healthiermcgill

This is a space on the third floor of the Brown Building dedicated to outreach, health promotion, and peer support activities. Check out the workshops led by Peer Health Ambassadors, and the McGill Art Hive. Many workshops and webinars are offered on-demand on the [Student Wellness Hub \(https://www.mcgill.ca/wellness-hub/get-support/remote-and-person-workshops-groups\)](https://www.mcgill.ca/wellness-hub/get-support/remote-and-person-workshops-groups) website.

STUDENT WELLNESS HUB mcgill.ca/wellness-hub FB @healthiermcgill Brown Student Services Building (3600 Rue McTavish), suite 3301 (514) 398 - 6017

Hours: 8:30 am - 4:30 pm

The Student Wellness Hub provides students with professional physical and mental health services. You will have access to doctors, nurses, counsellors, psychiatrists, and dieticians and social workers. Tools and activities offered by the Hub include peer-led support groups, light therapy lamps, exam self-care programming, and so much more.

LOCAL WELLNESS ADVISORS (LWAs) [/mcgill.ca/wellness-hub/get-support/local-wellness-advisors](https://mcgill.ca/wellness-hub/get-support/local-wellness-advisors)

LWAs are trained clinicians who can orient and connect you with the appropriate resources for your unique situation. You can access them through the Wellness Hub. LWAs can familiarize you with the many health and wellness supports that are available to you on campus. They can also equip you with tools and resources to take charge of your mental health.

STUDENT-RUN SERVICES

MCGILL STUDENTS' NIGHTLINE nightline.ssmu.ca FB @mcgill.nightline (514) 398 - 6246

Chatline from 6pm to 3am

Run by McGill students, Nightline provides non-judgmental, anonymous, and confidential active listening in English available every night during the fall & winter semesters (including exams), from 6 p.m. to 3 a.m.

It offers both phone and online chat service, so you will be able to reach out in whatever way makes you most comfortable.

THE PEER SUPPORT CENTRE psc.ssmu.ca FB @peersupportmcgill 3471 Rue Peel, Floor 2

The Peer Support Centre offers free, drop-in, confidential, and non-judgemental peer-to-peer support and resources referral to McGillians. A student-run initiative through the SSMU, the PSC provides a welcoming space where you can share your experiences, feel listened to, and find ways to resolve the things you are going through. Students can book an appointment with a BIPOC, 2SLGBTQIA+ or woman (trans-inclusive) supporters who can provide an added degree of understanding to the lived experience of marginalized students. Non-judgemental, and always confidential.

THE EATING DISORDER RESOURCE AND SUPPORT CENTRE ssmu.ca/resources/eating-disorders FB @ssmueatingdisorderawareness

The EDRSC's student volunteers have received training in active listening, peer mental health support, eating disorders and disordered eating, and anti-oppressive practices. The EDRSC provides students with support groups as well as drop-in services.

MORE INFORMATION:

During the month of October, there are many student groups that collaborate to host the annual Mental Illness Awareness Week.

In January, student groups will collaborate with the Wellness Hub for Mental Health Action Week

If you are interested in funding for mental health initiatives, you can do so by applying to the mental health fund [here](https://ssmu.ca/resources/funding) (ssmu.ca/resources/funding).

BEING UPDATED ON MENTAL HEALTH RESOURCES AND OPPORTUNITIES

Follow SSMU Mental Health on *Facebook* ([@ssmumentalhealth](https://www.facebook.com/ssmumentalhealth)) and *Instagram* ([@ssmumentalhealth](https://www.instagram.com/ssmumentalhealth)). Check the SSMU webpage [here](https://ssmu.ca/resources/mental-health/mental-health-resources) (ssmu.ca/resources/mental-health/mental-health-resources) for updated resource listings and for more information on the work done by the SSMU to make McGill a mentally healthier community.

Here is a collection of tips that can benefit all of us.

FIVE TIPS FOR ACCESSING MENTAL HEALTH SUPPORT

1.

Looking for support outside Quebec, outside office hours, or in your first language?

Use *keep.meSAFE* (myssp.app/keepmesafe/ca/home) by downloading the MySSP mobile app. More information on accessing trained counsellors through this FREE service can be found [here](https://ssmu.ca/blog/2020/03/mental-health-resource-available-keep-mesafe) (ssmu.ca/blog/2020/03/mental-health-resource-available-keep-mesafe), as well as through our *student ambassadors on Instagram* ([@mcgill_campus_ambassadors](https://www.instagram.com/mcgill_campus_ambassadors))

2.

Need to see an off-campus mental health professional?

Save money through your student insurance plan. Students enrolled in the *SSMU Health & Dental Plan* (studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU_Home) have 80% coverage for sessions with a mental health professional, up to \$1000/year, as well as reduced-cost services through the StudentCare

Psychology Network (studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU_HealthCareNetworks_PsychologyNetwork). For international students, the Blue Cross Plan (mcgill.ca/internationalstudents/health) covers up to \$750/year in psychologist or psychotherapist fees.

3.

Prefer booking appointments online?

Reach out to an *Access Advisor* (outlook.office365.com/owa/calendar/StudentWellnessHubAccessAdvisors@McGill.onmicrosoft.com/bookings) or *Local Wellness Advisor* (mcgill.ca/wellness-hub/get-support/local-wellness-advisors). All of them are qualified professionals, and provide a great resource for navigating your mental health – whether through self care or further support. Local Wellness Advisors serve specific groups of students, which means they can be great at understanding certain shared experiences.

4.

Want insider info on the Student Wellness Hub?

Follow [@healthiermcgill](https://www.instagram.com/healthiermcgill) on *Instagram*. In addition to tips on accessing care, you'll find wellness strategies, event announcements, and behind-the-scenes insight into the "who", "what", "where", "when", "why" and "how" of the Hub.

5.

Just need a listening ear? Easily access support through the *Peer Support Centre* (psc.ssmu.ca), *Nightline* (nightline.ssmu.ca), and the *Eating Disorder Resource and Support Centre* (edrsc.ssmu.ca). These student-run services provide support with minimal barriers and timely access. Check [here](https://ssmu.ca/resources/mental-health/mental-health-resources) (ssmu.ca/resources/mental-health/mental-health-resources) for more on- and off-campus resources that provide support, especially those catering to specific identities/groups.

If you need help navigating all these resources or do not understand how to access mental health support you can always reach out to mentalhealth@ssmu.ca for guidance.

Alcohol & Drugs

WARNING: This page discusses drugs and alcohol use. Some of the content is sensitive and meant to help students

ALCOHOL

Despite what it may feel like, drinking is not a necessary part of university life. No pressure! If you choose to drink, know your limits and stay safe!

Here are some tips on safe drinking:

- **Stick to one drink per hour!** Some mobile apps - such as AlcoDroid Alcohol Tracker - even exist to help you keep count!
- **Stay hydrated!** Drink water before and after drinking.
- **Eat some food!** Do not drink on an empty stomach.
- **Be aware of laws related to alcohol consumption!** Open containers are illegal in Montreal unless you are also eating a meal, and the drinking age in Quebec is 18.
- **Be prepared!** Have a plan for the night - where you will party and how to get home for instance - and make a plan with your friends about what to do if something goes wrong.
- **Utilize Drivesafe and Walksafe** to get to your destination safely.

REMEMBER

If a person is unconscious, breathing slowly, and has bluish-tinged or pale skin, they may have alcohol poisoning. Seek medical help immediately!

- First, call 911.
- If you are on campus, second call Security

Services who will coordinate with emergency responders.

- Downtown: (514)-398-3000
- Mac Campus: (514)398-7777.

DRUGS

Although SSMU does not encourage or condone illegal drug use, we do endorse harm reduction and promote information over stigmatization. If you are interested in experimenting with different substances, please follow the tips below to help ensure your safety.

GUIDELINES FOR SAFER DRUG USE

- **Utilize Drivesafe and Walksafe** to get to your destination safely.
- **Only try a little bit of the drug you decided to use!** Many people overdose because they expect what they've bought to be similar to the last time, but this isn't always the case.
- **Know your facts before experimenting!** Dance Safe (dancesafe.org) provides detailed info about different drug use in a non-judgemental way.
- Beware of overdoses and laced substances!
- If you believe you are experiencing an opioid overdose, or know someone experiencing one, check the sites (inspq.qc.ca/sites/default/files/cartes/haloxone/index.html) in the Montreal area that offer Naloxone. Naloxone is meant to help. Make sure you trust the source you bought from. Additionally, you can purchase a naloxone kit at most pharmacies. Naloxone is a medication meant to block the effects of opioids.
- Mix = risk ! A cocktail of substances can be dangerous and have unexpected effects. Moreover, be careful when mixing substances with medicine and alcohol.
- Find yourself a safety buddy! It is important to have someone clear-headed that can react quickly if something happens. Consider a safe use site. Information on CACTUS Montreal can be found below.

CACTUS MONTREAL ,
1300 rue Sanguinet: Walk-in clinic
1244 rue Berger: Safe injection site
Cactusmontreal.org
info@cactusmontreal.org

(514) 847-0067 | Nurse at ext. 100, call from 2 p.m. onward to check availability.
Safe injection sites like CACTUS Montreal offer safe supervision and sanitary equipment for drug injection or inhalation. They also hold a meeting place for drug users to build safer drug using practices and promote the health and well-being of the community

Safer Sex : Consent

WARNING: This page discusses sex and consent. Some of the content is sensitive and meant to help students

mcgill.ca/wellness-hub/selfhelp/healthy-sexuality
instagram.com/givingthetalk/

Consent is essential if you're engaged in sexual activities! It is integral to a healthy and safe sex life, not just for you, but for your partner(s) too.

WHAT IS CONSENT?

Consent is an enthusiastic and freely given "YES!" that must be given for all kinds of sexual activity that you engage in.

ACTIVE. Consent cannot be implied from silence or the absence of a "no". It also can't be assumed in the context of a current or previous dating, sexual, or marital relationship. It must be given by clear and unequivocal words and/or actions.

REVOCABLE. It must be continuous and can be withdrawn at any point, even if someone has said "yes" before. You can change your mind at any time, for any reason and the activity must stop.

INFORMED. Each participant must know exactly what they are giving their consent to.
REPEATED. To consent to one form of sexual activity does not mean consenting to other forms of sexual activity. Check-in with your partner(s) every step of the way to ensure an enjoyable experience.

FREELY GIVEN. Consent cannot be obtained if there is any kind of threat or coercion present, including force (physical, emotional, verbal, etc.), intimidation, manipulation, blackmail, or pressure.

ALTERED BY POWER DYNAMICS. Consent cannot be obtained if someone is in a position of power and authority, such as between a professor and a student or a supervisor and an employee. using consent It can feel embarrassing to learn about consent or start using it during sex.

AFFECTED BY INTOXICATION. The use of alcohol and/or drugs never implies consent, and should not be assumed to have played a role in causing a survivor's experience of sexual violence. Furthermore, alcohol and/or drug use by the perpetrator, never justifies their actions. Consent does not kill the "mood" and can even help build intimacy! The best way to know if consent is present is to ... **ASK!** After asking, it is imperative that you **LISTEN** to their decision and **RESPECT** their choice!

Here are some example of sentences you can use to ask for consent:

- Do you want to [cuddle/have sex/keep going]?
- Can I touch you here?
- Are you okay / is this okay ?
- Should we continue / stop / slow down?

Here are some examples of sentence you can use to give consent:

- YES!
- Let's do it!
- That's exactly what I wanted! / I was thinking the same thing!
- I'd love that, what about we start with

Here are some examples of how to revoke consent :

- I changed my mind. This isn't doing it for me.
- No! Stop!
- I think I'd rather [cuddle/have a snack / leave].
- Let's pause this, I need a minute.

Here is how to receive a "No"?

- That's totally okay. Thanks for letting me know.
- Cool. What do you want to do instead?
- Okay! Do you want to watch a movie?
- I'm glad you said something. Would you prefer to [cuddle/ be alone/ get a snack] ?

Using consent in daily activities will help it feel less awkward in bed, and the people around you will appreciate your consideration. There are workshops available to learn more about what consent looks like and how you can use it regularly. Here are some questions to get started:

- Are you listening when people tell you no?
- Are you checking in with others before engaging in platonic physical contact?
- Do you respect someone's choice to not be hugged or touched?

Safer Sex : Protecting Yourself

WARNING: This page discusses sex and consent. Some of the content is sensitive and meant to help students

Part of safer - and enjoyable - sex is about knowing the risks of any kind of sexual activity and making sure you're taking care of yourself and your partner(s). This means being aware of the risks of sexually transmitted infections (STIs) and unwanted pregnancy.

BIRTH CONTROL

There are many different kinds of contraception. To find out which one is right for you, research some of the methods below and speak with a doctor.

HORMONAL CONTRACEPTION.

i.e., pill, patch, ring, require a prescription from a doctor, and can be bought at a pharmacy. Remember that if you are on HRT (Hormone Replacement Therapy), it does not prevent pregnancy and you still need a birth control plan.

BARRIER PROTECTION. You can buy barrier methods (internal and external condoms, sponges) at the [*Shag Shop \(mcgill.ca/healthymcgill/shagshop\)*](http://Shag Shop (mcgill.ca/healthymcgill/shagshop)) or any pharmacy. Condoms are also free at Healthy McGill kiosks around campus!

EMERGENCY CONTRACEPTION. A pill taken to prevent pregnancy after unprotected sex, or if other methods of contraception failed. A prescription may be required to receive the EC pill. Also, the pill is only effective up to five days after sex, the sooner you take it the better.

PREGNANCY

If you think you may be pregnant, you make an appointment at the Wellness Hub, or buy a test at the pharmacy, or the [*Shag Shop, \(mcgill.ca/healthymcgill/shagshop\)*](http://Shag Shop, (mcgill.ca/healthymcgill/shagshop)) or the UGE and [*Queer McGill \(queermcgill.org/ressources\)*](http://Queer McGill (queermcgill.org/ressources)).

If you discover you are pregnant, here's some information about your options:

- Abortion is legal in Canada and available up until twenty-two (22) weeks of pregnancy. It's usually a minor procedure and complications are unlikely to arise.
- Quebec health insurance covers abortion for free, but students with other kinds of insurance must pay upfront before being reimbursed by their health plan. If you want to place a child up for adoption, you will have to go through the Office of Social Services in Quebec. Read about it at [*canadaadopts.com*](http://canadaadopts.com).
- If you choose to keep your child, there are resources at McGill and off-campus. For example, Head & Hands also hosts a "Young Parent Program" for parents or parents-to-be under 25 years old.

SEXUALLY TRANSMITTED INFECTIONS (STIS)

STIs can affect anyone who is sexually active. If you're planning to engage in a sexual activity, consider and discuss STI prevention methods with your partner(s) beforehand. According to the [*World Health Organization \(https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)\)*](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis)), STIs "spread predominantly by sexual contact, including vaginal, anal and oral sex. Some STIs can also be spread through non-sexual means such as via blood or blood products. Many STIs can also be transmitted from mother to child during pregnancy and childbirth."

You can prevent STI transmission by getting tested. At least one test a year is recommended, but often testing is encouraged if you have multiple partners. The Wellness Hub and other resources below perform STI testing. See [**page 80**](#) for more information on your insurance coverage.

RESOURCES FOR HEALTHY SEXUALITY

MCGILL STUDENT WELLNESS HUB

[*mcgill.ca/wellness-hub*](http://mcgill.ca/wellness-hub)
3600 McTavish Street West - Brown Student Services Building - Suite 3400
(514) 398-6017

The Student Wellness Hub offers STI testing, hormonal contraception prescriptions, abortion referrals, and educational appointments.

UNION FOR GENDER EMPOWERMENT (UGE)

[*theuge.org*](http://theuge.org)
680 rue Sherbrooke Ouest, room 110
UGE is a trans-positive SSMU Service that coordinates a coop with pay-what-you-can menstrual products, DIY sex toys, safer sex supplies, and gender empowerment items.

QUEER MCGILL / [*queermcgill.org*](http://queermcgill.org)

3600 rue McTavish - Room 432
Queer McGill is a student run service by queer people for queer and questioning folks. They offer a range of resources from free safer sex supplies to pay-what-you-can gender affirming products such as binders, packers, stps and gaffs.

SHAG SHOP

[*mcgill.ca/healthymcgill/shagshop*](http://mcgill.ca/healthymcgill/shagshop)
Brown Building, suite 3100
Shag Shop is McGill's safer sex & health boutique and your resource for sexual health information. They sell a variety of condoms, lubricants, toys, alternative menstrual products, and more, all at low prices.

Sexual Assault & Harassment

WARNING: This page discusses sexual and gender-based violence. Some of the content is sensitive and meant to help students

RESOURCES OFF CAMPUS

L'ACTUEL | CLINIQUELACTUEL.COM

1001 de Maisonneuve East, #1130
(514) 524-1001 (new appointments)
A clinic in the Gay Village offering STI testing and treatment, as well as prompt care for any person diagnosed with HIV/AIDS.

CLSC MÉTRO

1801 boulevard de Maisonneuve Ouest
514 934-0354
Located near the downtown Concordia campus, it provides STI screening, prevention services, and testing.

SEXTED | sexted.org

(514) 700-4411
A free, anonymous, and non-judgemental sex-ed texting helpline. Text any question and receive a response within twenty-four hours. This is a great way to get more info on sexual health resources in the Montreal area, particularly LGBTQ+-friendly clinics.

ABORTION CLINICS

MONTREAL MORGENTALER CLINIC | montrealmorgentaler.ca

8560 rue St-Hubert, bureau 310
(514) 844-4844
This clinic offers surgical (instruments) and medical (pills) abortion services, curettage, and related contraception services.

CENTRE DE SANTÉ DES FEMMES DE

MONTREAL | csfmontreal.qc.ca/wp/
3401 avenue de Lorimier
(514) 270-6110, ext. 1
A feminist, independent community organization comprised of women who work in sexual and reproductive health. They provide abortion services, a sexual health and resources clinic, and an information and reference hotline.

Sexual and Gender-based Violence

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TERMS TO KNOW

SEXUAL VIOLENCE

Any non-consensual, unwanted actual, attempted, or threatened act or behaviour, that is carried out through sexual means or by targeting a person's sexuality, gender identity, or gender expression.

SEXUAL ASSAULT

Any form of sexual touching or the threat of sexual touching without the individual's consent

SEXUAL HARASSMENT

Any unwanted conduct of a sexual nature or attention that affects the working, learning, or living environment or leads to adverse consequences. It can include verbal abuse, manipulation, and coercion.

STALKING

Engaging in conduct that causes an individual to fear for their physical or psychological safety, such as repeatedly following or communicating with someone (through any means), engaging in threatening conduct, or keeping watch over any place where the individual happens to be.

INDECENT EXPOSURE

Exposing one's body to another individual for a sexual purpose or coercing another individual to remove their clothing in order to expose their

body without their consent.

VOYEURISM

Non-consensual viewing, photographing, or otherwise recording of another individual in a location where there is an exception of privacy and where the viewing, photographing, or recording is done for a sexual purpose.

NONCONSENSUAL DISTRIBUTION OR RECORDING OF A SEXUALLY EXPLICIT PHOTOGRAPH OR RECORDING

The distribution of a sexually explicit photograph or recording of an individual to one or more individuals other than the individual in the photograph, or recording the individual without their consent in a photograph or recording.

STEALTHING

Stealthling is defined as nonconsensual condom removal during sexual intercourse. Stealthling "exposes victims [survivors] to physical risk such as pregnancy and disease" and has been characterized by survivors as "disempowering, demeaning violation of a sexual agreement."

Sexual and Gender-based Violence

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GENDERED VIOLENCE

Any act of physical, verbal, or emotional aggression which implicates, targets, or de-legitimizes an individual's gender presentation or identity, or an act reinforcing gender inequalities resulting in physical, sexual, emotional, or economic harm. This includes misogynistic, queerphobic, and transphobic violence.

Gendered and/or Sexual Violence impact people in different ways. Some of the effects include but are not limited too:

- Mental Health impacts (e.g., depression, anxiety, post-traumatic stress disorder, suicidal thoughts)
- Pregnancy
- Sexually transmitted infections
- Dissociation
- Flashbacks and triggers
- Self-injurious coping behaviours (e.g., self-harm, substance abuse, eating disorders);
- Changes in how you view trust, a sense of vulnerability, and feeling unsafe;
- Personal and professional impacts;
- Academic difficulties

INTERSECTIONALITY OF SEXUAL VIOLENCE

The SSMU believes that all discussions surrounding sexual violence must take an *intersectional approach* (ted.com/talks/kimberle_crenshaw_the_urgency_of_intersectionality?language=en) recognizing that individuals from certain marginalized groups experience sexual violence at higher rates and also in a different manner than those who hold different forms of privilege.

It is important to recognize that individuals who experience various forms of marginalization, which includes but is not limited to, women, trans and gender nonconforming people, queer people, black, Indigenous, and people of color, people with lower socioeconomic status, and disabled people, are all disproportionately impacted by sexual violence.

CONTACT AND GETTING SUPPORT

The SSMU *Gendered and Sexual Violence Policy (GSVP)* (ssmu.ca/resources/sexual-violence/ssmu-gendered-and-sexualized-violence-policy), serves to create confidential and survivor-centric processes for members of the SSMU community who have experienced

sexual violence and/or gendered violence to receive support and accommodations and make a complaint about sexual or gendered violence. The Anti-Violence Coordinators (AVCs) are those responsible for implementing the four components: prevention, support, advocacy, and response. You can contact them at: avc@ssmu.ca

RESOURCES ON CAMPUS

OSVRSE | mcgill.ca/osvrse
550 Rue Sherbrooke Ouest, suite 585
(514) 398-4486 | (514) 398-3786

The OSVRSE provides support to those who have been impacted by sexual and gender-based violence. It provides confidential, non-judgmental, and nondirectional support and education to all those who have been impacted by sexual violence. They provide crisis intervention and short term counseling and can help connect survivors with resources, assist in safety planning, provide support groups and activities, and assist with academic or workplace accommodations.

SACOMSS | sacomss.org/wp
680 Sherbrooke St W, Suite 150
(514) 398-5000

The Sexual Assault Centre of the McGill Students Society is a volunteer-run organization committed to supporting survivors of sexual assault and their allies through direct support, advocacy, and out-reach. Their services include Drop-In and Line (DIAL), support groups and can support individuals making reports of sexual violence, provide information and accompaniment services.

MCGILL PEER SUPPORT CENTRE | psc.ssmu.ca
Second Floor, 3471 Peel St
514-398-3782

The Peer Support Centre offers free, non-judgmental peer support, and can help direct you toward other available resources.

THE MCGILL STUDENTS' NIGHTLINE | ssmu.mcgill.ca/nightline

The McGill Students' Nightline is a peer resource which offers confidential, anonymous, and non-judgmental listening. Services include active listening, resource referrals, and crisis management.

Nightline can be accessed at 514-398-6246.
LEGAL INFORMATION CLINIC AT MCGILL | licm.ca

University Centre, Suites 108 & 107-A

The Student Advocacy Branch at LICM can help students navigate McGill's internal policies. Their volunteers can inform, advise, and represent students who are undergoing disputes at the University. They can also assist students who have had a complaint filed against them.

RESOURCES OFF CAMPUS

MONTREAL SEXUAL ASSAULT CENTRE | cvasm.org/en

24/7 Resource Line & Crisis Support
1 (888) 933 - 9007

The Montreal Sexual Assault Centre offers a range of free services to individuals eighteen years and up who have been a victim of sexual assault, sexual abuse, or incest, as well as to survivors' family and friends. It offers a toll-free helpline for those of all ages.

TEL-AIDE | telaide.org/en

A free, anonymous, non-judgmental listening centre for people in distress in both English and French. They can be reached at 514-935-1101.

CIRCLES | ssmu.ca/wp-content/uploads/2018/01/Circles-Community-Response-Resource-Online.pdf?x21981

CIRCLES is a resource, a letter of solidarity to fellow survivors, and a reconstruction of what it means to heal collectively. The resource document includes an in-depth listing of support services available in the community.

PROJECT 10 | p10.qc.ca

1575 Rue Atateken

The Project promotes the personal, social, sexual, and mental well being of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersexed, and questioning youth and adults ages 14–25. They provide active listening services, drop-in hours, an accompaniment service, and a listening line that is open Tuesday through Wednesday, 12–6 p.m., and Thursday, 1:3000–6 p.m.. The anonymous listening line can be reached at 514-989-4585 and provides peer support, active listening, as well as information and referrals to 2SLGBTQIA+ services.

CRIME VICTIMS ASSISTANCE CENTRE | cavac.qc.ca/en/services

Crime Victims Assistance Centres offer free, confidential, front-line services to any crime victim or witness in English, French, or Spanish. They provide accompaniment services to police and judicial processes as well as post-traumatic and psychosocial intervention. The Centres also provide legal information, assistance with filing applications or producing documents, and referrals to specialized services. To access their services you must first make an appointment by calling 514-277-9860.

SOS VIOLENCE CONJUGALE | sosviolenceconjugale.ca

Free, confidential, bilingual hotline for individuals experiencing domestic violence and for people supporting them, available 24/7. They provide support, safety information, evaluations, and direct referrals. They can be reached at 514-873-9010 in Montreal and across Quebec at 1 800-363-9010.

REGROUPEMENT QUÉBÉCOIS DES CENTRES D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL (RQCALACS) | rqcalacs.qc.ca/the-calacs.php

C.P. 56574, Succursale Ontario

CALACS provides support to individuals who have experienced sexual assault. There are two CALACs in Montreal, *Trêve Pour Elles* (trevepourelles.org) and *CALACS de L'Ouest-de-l'Île* (calacsdelouest.ca).