



Students' Society of McGill University

Tel: (514) 398-6800 | Fax: (514) 398-7490 | ssmu.ca

3600 McTavish St., Suite 1200, Montréal, QC, H3A 0G3

Located on Haudenosaunee and Anishinaabe, traditional territories

SSMU Mental Health Resources

Exam Edition Fall 2021

Emergency Crisis	2
Crisis Service Canada	2
Suicide Action Montreal	2
Tracom	2
Get Psychological/Medical Support	3
7 Cups	3
Anxiety Canada	3
Dialogue	3
Head and Hands	3
Keep Me Safe	3
Kids Help Phone and Crisis Text Line	4
Local Wellness Advisors	4
Maple	4
McGill's Students' Nightline	4
Peer Support Centre at McGill	4
Tel-Aide	4
The McGill Center for Clinical Psychology	4
Mental Health Information Guides	5
AMIQuebec	5
Canadian Association for Mental Health	5
Health and Wellness Map	5
Healthier McGill	5
Healthy Living Annex	5
Multicultural Mental Health	5
The Lavender Collective	6
Students with Disabilities	6
Office for Student with Disabilities	6
Eating Habits	6



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Eating Disorder Resource and Support Centre	6
Midnight Kitchen	6
Students from Ethnic Minorities	7
Black Students Network	7
First People's House	7
Native Friendship Centre of Montreal	7
Religious Resources	7
Muslim Students Association	7
Office of Religious and Spiritual Life	7
Sexuality	7
McGill University Sexual Identity Centre	7
Queer McGill	8
Sexual Assault Centre of the McGill Students' Society	8
Tram Queer	8
Union for Gender Empowerment	8
Credits	8

Emergency Crisis

Crisis Service Canada

<https://www.crisisservicescanada.ca/en/>

Free, Bilingual

- Hotline for individuals who are feeling suicidal
 - Aims to prevent suicide
- Also provides text support in English only

Suicide Action Montreal

<https://suicideactionmontreal.org/>

Free, Bilingual

- 24/7 hotline and live chat
- Tools and resources for family, friends and social network of suicidal people
- Pre- and postvention to identify vulnerable people and provide help to the community affected by a suicide



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Tracom

<https://www.tracom.ca/home>

Free, Bilingual

- Provide bilingual crisis intervention services over the phone
- Also assist in interventions for non-voluntary clients

Get Psychological/Medical Support

7 Cups

<https://www.7cups.com/>

Free and Paid Options, Multilingual

- Free 24/7 chat with counsellors or volunteer listeners
- Affordable online therapy with licensed therapists
- Provide self help guides to help individuals feel better

Anxiety Canada

<https://www.anxietycanada.com/fr/>

Free, Bilingual

- Resources to learn more about anxiety
- Smartphone app called MindShift CBT
- Meditation exercises
- Provide a number of video and audio resources that are meant to inform on anxiety

Dialogue

<https://www.dialogue.co/en/>

Paid, Bilingual

- Online appointments with nurses or doctors

Head and Hands

<https://headandhands.ca/programs-services/social-services/>

Free, Bilingual

- Counselling services over the phone or on video chat - **Currently closed to new clients**
- Offer a free legal clinic to individuals of all ages
- Run Young Parents Program (YPP), which offers regular workshops and activities
- Jeunesse 2000 (J2K) is a drop in center for individuals aged 12-17 years
- Conduct an outreach program that is focused on support youth and/or drug users
- Provide sexual health workshops
- Have a bi-weekly food security service program twice a month for individuals aged 12-25 years



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Keep Me Safe

https://www.guard.me/keepmesafe_student/

Free with SSMU Insurance, Multilingual

- Mobile App: My SSP (supported by SSMU)
- Individual and personalized support
- Real time 24/7 access to professional counselors from anywhere in the world
- Library of digital and emotional health and wellbeing content
- Multilingual support

Kids Help Phone and Crisis Text Line

<https://kidshelpphone.ca>

Free, Bilingual

- Offer counselling sessions
- List out resources to learn more about mental health
- Give access to support forums for individuals to connect with others having similar experiences
- Provide documentation about tips to improve mental health based on a list of words provided by the student that describe how the student is feeling

Local Wellness Advisors

<https://www.mcgill.ca/wellness-hub/hub-clinical-services/hub-clinicians/local-wellness-advisors>

Free, Bilingual

- Mental health clinicians embedded within faculties who lead workshops and hold one-to-one appointments with students

Maple

<https://www.getmaple.ca>

Paid, Bilingual

- Service that provides on-the-spot appointments with doctors via an online platform
- Additionally connects individuals with nearby pharmacies in order to collect prescriptions

McGill's Students' Nightline

<https://nightline.ssmu.ca>

Free, English Only

- A group of McGill students who provide a non-judgemental listening service
- Offer both a calling and a chat option
- Accept calls in English only



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Peer Support Centre at McGill

<https://psc.ssmu.ca/about-us/>

Free, English Only

- In-person support, available only through appointments due to COVID
- Also provide online support, where a peer supporter listens to the individual and connects them with potentially helpful resources

Tel-Aide

<http://www.telaide.org/en/>

Free, Bilingual

- Support hotline for individuals who are experiencing distress

The McGill Center for Clinical Psychology

<https://www.mcgill.ca/psychology/clinic/requesting-services>

Varies, Bilingual

- Psychology Services from McGill Psychology Faculty - **Currently closed to new clients**

Mental Health Information Guides

AMIQuebec

<https://amiquebec.org/>

Free, Bilingual

- Provide resources to learn about mental health
- Run support groups and workshops online
- Provide counseling for families both over the phone and on a video conference
- Conduct outreach presentations on mental health at school and business

Canadian Association for Mental Health

<https://acsmmontreal.qc.ca/>

Free, Bilingual

- Publishes guides and magazines
- Provides detailed pages about various mental health-related issues
- Organizes events to raise awareness about mental health

Health and Wellness Map

<https://wellnessmap.mcgill.ca/healthmap/>

Free, Bilingual



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- Provides a map of medical clinics and other health resources (off-campus) based on a provided/live location

Healthier McGill

<https://www.instagram.com/healthiermcgill/>

Free, Bilingual

- Official instagram account of the Student Wellness Hub
- Tips, resources and list of weekly events

Healthy Living Annex

<https://www.mcgill.ca/wellness-hub/health-promotion/visit-healthy-living-annex>

Free, Bilingual

- Flex space at the Brown Student Services Building
- Panel discussions and workshops

Multicultural Mental Health

<https://multiculturalmentalhealth.ca/patient-information-by-language/>

Free, Multilingual

- Provides a list of Canadian mental health resources in 20+ languages

The Lavender Collective

<https://www.thelavendercollective.ca/find-services>

Free, Bilingual

- Black-led community effort that advocates for mental health needs in BIPOC communities
- Provides a number of links to both medical and mental health professionals

Students with Disabilities

Office for Student with Disabilities

<https://www.mcgill.ca/osd/>

Free, Bilingual

- Provides support services and reasonable accommodations to students
- Students can be at any level of study, and have a documented disability of a permanent, temporary or episodic nature



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Eating Habits

Eating Disorder Resource and Support Centre

<https://edrsc.ssmu.ca>

Free, English Only

- Facebook Page: [fb.com/ssmueatingdisorderawareness](https://www.facebook.com/ssmueatingdisorderawareness)
- Email Address: eatingdisorder@ssmu.ca
- Email for the Centre's support services: support-eating-disorders@ssmu.ca

Midnight Kitchen

<https://midnightkitchen.org>

Free, English Only

- Bi-weekly prepared meal program
 - Provide food (vegan and nut-free) to low-income students and/or students with disabilities, chronic illness, mental health conditions or other impairments
- Solidarity servings
 - Provides food to political and community-based events that are in keeping with their political mandate, specifically to support groups with limited financial means
- Emergency grocery cards
 - CAD50-100 gift cards to Provigo and Maxi for students who require emergency financial support in accessing food
 - Targets low-income students who self-identify as benefit from access to food

Students from Ethnic Minorities

Black Students Network

<https://www.bsnmcgill.com>

Free, English Only

- McGill's Black Student Organization
- Host social and political events, as well as discussions
- Provide mentoring services and additional resources

First People's House

<https://www.mcgill.ca/fph/>

Free, Bilingual

- "Your Home Away From Home" by McGill
- Aim to support the success of Indigenous students at McGill



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Native Friendship Centre of Montreal

<https://nfcmm.org/en/>

Free, Bilingual

- Provide support for the Indigenous Community of Montreal, including in relation to health
- Want to “promote, develop and enhance the quality of life in Montreal’s urban Indigenous community”

Religious Resources

Muslim Students Association

<http://msamcgill.com>

Free, English Only

- McGill’s Association for Muslim Students

Office of Religious and Spiritual Life

<https://www.mcgill.ca/morsl/cultivate-wellness/classes-and-techniques>

Free, Bilingual

- Provides workshops, meditations sessions and yoga sessions

Sexuality

McGill University Sexual Identity Centre

<https://www.mcgill.ca/musicmentalhealth/>

Free, Bilingual

- Provides specialized mental health care to individuals, couples and families with sexual orientation and gender identity issues.

Queer McGill

<https://www.queermcgill.org/>

Free, English Only

- Listserv
- Peer support
- Political actions

Sexual Assault Centre of the McGill Students’ Society

<http://www.sacomss.org/wp/>

Free, English Only



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- Provide over-the-phone support
- Also host support groups for students who have experienced sexual assault
- Host a number of events

Tram Queer

<https://www.tram.directory/>

Free, English Only

- Lists resources provided for transgender individuals by transgender individuals in Montreal

Union for Gender Empowerment

<https://theuge.org>

Free, Bilingual

- Provides help resources
- Educational opportunities
- Center for advocacy

Credits

For any questions, please reach out to us at mhadvocacy@ssmu.ca.

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In collaboration with McGill's Mental Health Advocacy Committee

Under the supervision of Julian Guidote

Last reviewed on December 6th, 2021