

SSMU Mental Health Resources

Exam Edition Fall 2021

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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/

- 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



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/

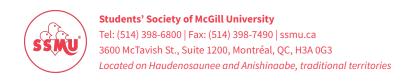
Paid, Bilingual

Online appointments with nurses or doctors

Head and Hands

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

- 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



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

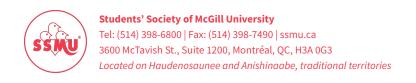
- Service that provides on-the-spot appointments with doctors via an online platform
- Additionally connects individuals with nearby pharmacies in order to collect prescriptions

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



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/



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/

- 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



Eating Habits

Eating Disorder Resource and Support Centre

https://edrsc.ssmu.ca

Free, English Only

- Facebook Page: fb.com/ssmueatingdisorderawareness
- Email Address: <u>eatingdisorder@ssmu.ca</u>
- 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

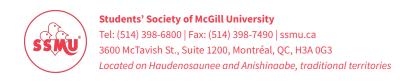
Free, English Only

- 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/

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



Native Friendship Centre of Montreal

https://nfcm.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.

Oueer 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

- 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.trram.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.

Authors: Chevieve Heri and Lucie Vermillard In collaboration with McGill's Mental Health Advocacy Committee Under the supervision of Julian Guidote

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