



STUDENT HEALTH AND WELLNESS

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Aiden Drake ✓ @BaSc '21

"During Thanksgiving weekend my floor in residence gathered to make a student's Thanksgiving dinner - rice and bean tacos with lettuce salad. We ate it gathered together around a beer pong table."





This section will provide important information on health and wellness services at McGill, as well as tips for staying well!

Wellness Hub



THE WELLNESS HUB IS THE GO-TO PLACE FOR STUDENTS TO ACCESS PHYSICAL AND MENTAL HEALTH SERVICES ON CAMPUS. SERVICES ARE AVAILABLE IN BOTH FRENCH AND ENGLISH.



WHAT CLINICIANS CAN I SEE? ▾

The Wellness Hub has a number of clinicians on site. At the Hub, you can see professionals including:

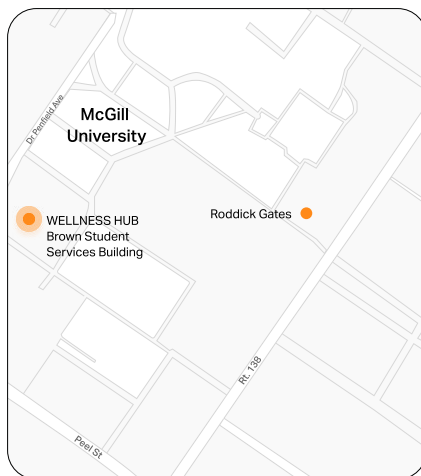
- * **Access Advisors**, who can help you navigate services offered by the Wellness Hub and elsewhere.
- * **Counsellors**, who can help you reach your mental health and wellness goals. You can read more about your mental health support options on page 50-51.
- * **Dietitians**, who can provide information and guidance related to nutrition, dietary choices, and your relationship with food.
- * **Nurses**, who play an important role in providing preventative care and can be a great first point of contact.
- * **Doctors**, who can provide care and/or referrals for any medical condition, including the medical management of mental health conditions.
- * **Laboratory Services**, which are available to students with a requisition from the Hub.
- * **Local Wellness Advisors (LWAS)**, mental health professionals who facilitate one-on-one appointments and campus wellness programming.
- * **Psychiatrists**, who can diagnose and treat mental health conditions. Students must have a referral from a Hub doctor to see a psychiatrist.
- * **Sexologists**, who are mental health professionals who specialize in sexual health.

MAKING AN APPOINTMENT

To make an appointment with most clinicians, you must call the clinic at 514-398-6017. The phone lines operate Monday-Friday, 8:30am-3:30pm. However, appointments are first-come first-serve, and students are most likely to get an appointment if they call when phone lines open in the morning. The Hub does not provide emergency services.

Some appointments can be booked online, including Access Advisors (bit.ly/39JR1Rh), Local Wellness Advisors (bit.ly/3Lsmep7), and lab services (bit.ly/3sMtRA3).

Appointments are held at **Brown Student Services Building** which is located on the third floor of 1070 Avenue Dr. Penfield. When attending your appointment, you must present your McGill ID and up-to-date insurance card. The Hub accepts health cards from all provinces, as well as Blue Cross, CIDA, CIGNA, COWAN and Great-West Life insurance.



Telehealth



AS A MCGILL STUDENT, YOU HAVE ACCESS TO A NUMBER OF VIRTUAL HEALTH SERVICES THAT ALLOW YOU TO ACCESS SERVICES FROM THE COMFORT OF YOUR OWN HOME, WITHOUT THE WAIT OF A TRADITIONAL DOCTOR'S OFFICE.



DIALOGUE

bit.ly/39JCDIK

Dialogue is a telehealth app available to students enrolled in the SSMU Health Insurance plan. Via the app, students can use chat, audio call, or video call to connect with nurses and doctors. Around 70% of typical walk-in cases can be addressed via the app, including anything that does not require a physical exam.

Some issues that can be addressed by the app (according to the Studentcare website):

- * Certain conditions: nasal congestion, sore throat, cough, fever, vomiting, diarrhea, minor aches and pains, headaches, migraines, allergies
- * Dermatology conditions: skin rashes, hives, or abrasions
- * Minor emergencies: urinary tract infection, conjunctivitis, sinusitis
- * Advice regarding minor injuries: cuts, bites, muscular or joint pains
- * Sexual health: sexually transmitted infection (STI) information and screening

The app can also be used in some cases to renew prescription medications.

MAPLE

bit.ly/3sPtGE6

Maple is a telehealth service available to international students enrolled in the Medavie Blue Cross plan. Via the app, members will receive 24/7 on-demand access to doctors by secure text or video for advice, diagnosis, and prescriptions.

Services provided by the app include:

- * Medical advice
- * Prescriptions
- * Doctor's notes
- * Lab work requisitions

General physician fees are covered by Blue Cross in full, and if students enroll in direct billing, they do not have to pay up front.

KEEP.MESAFE

bit.ly/38u951z

Keep.mesafe is a mental health service available to all McGill students. For more information, check out page 48.



Health Insurance



STUDENTCARE.CA

(studentcare.ca)

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, which is available on Minerva. This is the same bill that your fall semester tuition will appear on.
- * StudentCare pairs with health care providers in Montreal to offer you discounts. Check out these networks at (bit.ly/3sL2g2l) 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 at (bit.ly/3Npr1J8).
- * 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. Learn more at (bit.ly/3Ls2HoS).
- * 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 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 (bit.ly/37VusZ4) 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.

You can also upload claims via the Studentcare mobile app (bit.ly/3NuV1UN) by logging in and taking a photo of your receipt.



Exam Health

EXAM PERIODS CAN BE STRESSFUL. TO REDUCE THE STRAIN OF SCHOOL, PLAN IN ADVANCE, MAKE SURE TO KEEP TRACK OF YOUR FINAL EXAM SCHEDULE, AND BE PROACTIVE ABOUT YOUR PHYSICAL AND MENTAL HEALTH.

mcgill.ca/students/exams

TIPS FOR HANDLING EXAMS

- ★ Create a reasonable schedule. Know your limits and give yourself time to sleep well.
- ★ Fuel your body with foods that make you feel good. Before exams hit, cook big meals so you can just reheat food during crunch time.
- ★ Cut the negative talk. This time can be tough! Try writing positive comments to read when you're stressed out.
- ★ Stay hydrated. Coffee isn't the only thing you should be drinking during exam time!
- ★ Stay moving. Take twenty minute breaks between study sessions to rest your brain and get your blood moving. Exercise, choose study spaces you can walk to, and change rooms if you're struggling to pay attention.
- ★ Breathe. Download an app like "Breathe Easy" to help you take a few deep breaths when you're feeling overwhelmed.
- ★ Talk to a friend. Stay honest with each other about how you're handling exams. Reach out for help. If you're struggling, make sure to talk to friends, family, and mental health resources for support.

ARE YOU TOO STRESSED?

Helpful stress is usually temporary and can help you perform better by motivating you and helping you rise in order to meet challenges. However, if your stress feels overwhelming and insurmountable, it's no longer useful. Here are some signs to look for if you're feeling too stressed out:

- ★ Difficulty concentrating and/or remembering
- ★ Racing thoughts, procrastination, and irritability
- ★ Feeling isolated, lonely, or out of control
- ★ Chronic pain like headaches, joint discomfort, and stomach issues.
- ★ Constant sickness like chronic rashes, acne, eczema, and consistent colds.
- ★ Eating and sleeping more or less than usual.

If you recognize any of these signs, you can find resources on pages 50 -51. If you feel you're unable to write an exam, you can apply to defer.

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Mental Health



AT MCGILL, THERE ARE 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

bit.ly/38u951z

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 (mysp.app/ca/home) the MySPP 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.



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HEALTHY LIVING ANNEX

bit.ly/3sPstwy | FB [@healthiermcgill](https://www.facebook.com/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 (bit.ly/3Mu46N0) website.

STUDENT WELLNESS HUB

mcgill.ca/wellness-hub | FB [@healthiermcgill](https://www.facebook.com/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)

bit.ly/3Lsmep7

LWAs are trained clinicians who can 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.

CALM

calm.com/

Through the organization Student Support, SSMU members have access to the library of Calm, a meditation app. While Calm is not a replacement for professional mental health services, the app can be a great supplementary tool to deal with the stress and anxiety that come with being a student.

STUDENT-RUN SERVICES

MCGILL STUDENTS' NIGHTLINE

nightline.ssmu.ca | FB [@mcgill.nightline](https://www.facebook.com/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. As of spring 2022, the phone lines are currently closed, but the chat service remains up. Check the website for the most up-to-date information on the service.

THE PEER SUPPORT CENTRE

psc.ssmu.ca | FB [@peersupportmcgill](https://www.facebook.com/peersupportmcgill)
3471 Rue Peel, Floor 2

The Peer Support Centre offers free, drop-in, confidential, and non-judgemental peer-to-peer support and resource 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 address the things you are going through.

THE EATING DISORDER RESOURCE AND SUPPORT CENTRE |

edrsc.ssmu.ca/

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. The organization is the first chapter of the larger organization Safely Connected (safelyconnected.wixsite.com), an organization which aims to provide services around eating disorders and disordered eating on university campuses.

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 (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 (bit.ly/3ySWAay) for updated resource listings and for more information on the work done by the SSMU to make McGill a mentally healthier community.

While page 50-51 gives out valuable resources and links, this is a list of tips for navigating mental health care.



FIVE TIPS FOR ACCESSING MENTAL HEALTH SUPPORT

- * Looking for support outside Quebec, outside office hours, or in your first language? Use keep.meSAFE (bit.ly/3sTfnQW) by downloading the MySSP mobile app. More information on accessing trained counsellors through this FREE service can be found here (bit.ly/3z1ykTo), as well as through our student ambassadors on Instagram ([@mcgill_campus_ambassadors](https://www.instagram.com/mcgill_campus_ambassadors))
- * Need to see an off-campus mental health professional? Save money through your student insurance plan. Students enrolled in the SSMU Health & Dental Plan (bit.ly/3PDHcED) 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 (bit.ly/3sSPXB1). For international students, the Blue Cross Plan (mcgill.ca/internationalstudents/health) covers up to \$750/year in psychologist or psychotherapist fees.
- * Prefer booking appointments online? Reach out to an Access Advisor (bit.ly/3NtBh3h) or Local Wellness Advisor (bit.ly/3PCm0Po). All of them are qualified professionals, and provide a great resource for navigating your mental
- * 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.
- * 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.

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.

Safer Sex: Consent



CONTENT WARNING:
DISCUSSION OF SEXUAL
INTERACTIONS

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 via 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.

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 examples 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

CONTENT WARNING: DISCUSSION OF SAFER SEX

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

They require a prescription from a doctor and can be bought at a pharmacy (, i.e., pill, patch, ring.). 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 (bit.ly/3lzDChe) 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 emergency contraceptive 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 can make an appointment for a pregnancy test at the Wellness Hub. You can also buy a test at any pharmacy, the Shag Shop, the UGE, or Queer McGill.

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 in full, but students with other kinds of insurance must pay upfront before being reimbursed by their health plan.
- * If you want to place a child for adoption, you will have to go through the Office of Social Services in Quebec. Read about it at 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. You can also find out more about specific resources for student parents on page 74 of this handbook.

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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 (bit.ly/3sPJC9B), 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."

You can prevent STI transmission by getting tested. At least one test a year is recommended, but testing more often is encouraged if you have multiple partners. The Wellness Hub and other resources below perform STI testing. See page 48 for more information on your insurance coverage.

RESOURCES FOR HEALTHY SEXUALITY



MCGILL STUDENT WELLNESS HUB |

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 appointments with sexologists to discuss anything around sexual health.

UNION FOR GENDER EMPOWERMENT (UGE) |

theuge.org

680 rue Sherbrooke Ouest, room 110

The UGE is a trans-positive SSMU Service that coordinates a co-op with pay-what-you-can menstrual products, safer sex supplies, and gender empowerment items.

QUEER MCGILL | queermcgill.org

3600 rue McTavish - Room 432

Queer McGill is a student run service by and for queer students. They offer a range of resources from free safer sex supplies to pay-what-you-can gender affirming products such as binders, packers, stp devices, and gaffs.

SHAG SHOP | bit.ly/3lzDChe

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. As of summer 2022, the Shag Shop is currently closed. Follow [@HealthierMcGill](https://www.instagram.com/HealthierMcGill) on Instagram and [Facebook](https://www.facebook.com/HealthierMcGill) for updates on the shop's opening.

AIDS COMMUNITY CARE MONTREAL

accmontreal.org | [FB @ACCMontreal](https://www.facebook.com/ACCMontreal)

2017 Rue Plessis

(514) 527- 0928

The ACCM is a volunteer-based community organization that works to improve the quality of life of those with HIV/AIDS and/or Hepatitis C by preventing transmission and promoting awareness and action through frequent events.

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 bit.ly/3zdcIDO

1801 boulevard de Maisonneuve Ouest

514 934-0354

Located near the downtown Concordia campus, it provides STI screening, prevention services, and testing. Students should note that only those with a RAMQ card can access a CLSC.

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 or receive information about safer sex.

ABORTION CLINICS



MONTREAL MORGENTALER CLINIC

montrealmorgentaler.ca

8560 rue St-Hubert, bureau 310

(514) 844-4844

This clinic offers surgical and medical abortion services and related contraception services.

CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL

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 Assault & Harassment



**CONTENT WARNING: DISCUSSION
OF SEXUAL VIOLENCE**

550 Rue Sherbrooke Ouest, suite 585
(514) 398-4486 | (514) 398-3786
OSVRSE provides support to those who have been impacted by sexual and gender-based violence. It provides confidential, non-judgemental, 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 for those impacted by sexual violence. OSVRSE can also provide referrals for psychiatrists or other mental health services from the wellness hub or off campus.

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) and support groups. Volunteers can also support individuals making reports of sexual violence, including by providing information and accompaniment services.

LEGAL INFORMATION CLINIC AT MCGILL

licm.ca

William Shatner 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 survivors of sexual assault, sexual abuse or incest over eighteen years old, 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

bit.ly/38JgXMz

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..

CRIME VICTIMS ASSISTANCE CENTRE

cavac.qc.ca/en/services

Crime Victims Assistance Centre offers 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 Centre also provides 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)**

bit.ly/3lvOj4j

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).



CONTENT WARNING: DISCUSSION
OF SEXUAL VIOLENCE

TERMS TO UNDERSTAND

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 sexual contact or behavior that occurs without explicit consent of the victim.

SEXUAL HARASSMENT

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

STALKING

56 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 expectation 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

Stealthing is defined as nonconsensual condom removal during sexual intercourse. Stealthing "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."

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 to:

INTERSECTIONALITY OF SEXUAL VIOLENCE



- * Mental Health impacts (e.g., depression, anxiety, post-traumatic stress disorder, suicidal thoughts)
- * Physical injury;
- * 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



The SSMU believes that all discussions surrounding sexual violence must take an intersectional approach (bit.ly/3IEGo4R), 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) (bit.ly/3airvTn) 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.

If you have ever experienced sexual or gendered violence, inside or outside McGill, remember that it is not your fault and that you are believed and supported. The SSMU is working to take meaningful steps to shift the internal culture of the SSMU and collaborate with campus stakeholders to prevent sexual violence and support survivors at McGill.

How and when to get support is never an easy answer. There are free and survivor-centric support options available to you if you wish to access them. There are peer-to-peer, student, and institutional support resources for you. The resources in the next page of this handbook are confidential, non-judgemental, trauma-informed, and have staff who can work with survivors of sexual violence as try to heal.

OSVRSE mcgill.ca/osvrse

Eating Disorders



**CONTENT WARNING:
DISCUSSION OF EATING
DISORDERS**

EATING DISORDERS (ALSO KNOWN AS EDS) CAN BE HARD TO UNDERSTAND AND TO NAVIGATE. HOWEVER, THERE ARE MANY RESOURCES AVAILABLE TO STUDENTS WHO ARE CONCERNED ABOUT OR STRUGGLING WITH THEIR RELATIONSHIP WITH FOOD AND/OR EATING.

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 with EDs. They also provide guidance in supporting someone you care about who has an eating disorder.

DOUGLAS HOSPITAL EATING DISORDER PROGRAM |

bit.ly/3GgiBl9

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, and 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 46).

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.

THE EATING DISORDER RESOURCE AND SUPPORT

CENTRE | edrsc.ssmu.ca/

3480 McTavish Street, Room 409

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.

Alcohol and Drugs



ALCOHOL



Despite what it may feel like, drinking is not a necessary part of university life, and you can have lots of fun at university whether or not you choose to drink. 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! Avoid drinking on an empty stomach.
- * Be aware of laws related to alcohol consumption! Open containers are illegal in public outdoor spaces (i.e. parks) in Montreal unless you are also eating a meal, and the legal 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 and from 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.

Second, if you are on campus, call Security Services who will coordinate with emergency responders.

Downtown: (514)-398-3000

Mac Campus: (514)398-7777.



DRUGS



While SSMU does not promote drug use, the organization endorses harm reduction and promotes information over stigmatization when it comes to substance use. If you are interested in experimenting with different substances, please follow the tips below to help ensure your safety.

GUIDELINES FOR SAFER DRUG USE

- * Only try a little bit of the drug you decided to use. Sometimes overdoses happen because people 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 drug use in a non-judgemental way.
- * Beware of the risk of overdoses and laced substances. Students can request a drug-checking kit from Making Drugs More Accurate (bit.ly/3wDjqkE).
- * Carry a Naloxone kit. Check the sites (bit.ly/3PzCgAS) in the Montreal area that offer Naloxone. Naloxone is a medication meant to block the effects of opioids. If you believe you are experiencing an opioid overdose, or know someone experiencing one, use Naloxone.
- * Be aware of the risk of mixing substances. A cocktail of substances can be dangerous and have unexpected effects. Moreover, be careful and do your research when mixing substances with medication and alcohol.
- * Find yourself a safety buddy! It is important to have someone clear-headed that can react quickly if something happens. You can find more information on trip-sitting at bit.ly/39JhpdL. You may also wish to consider a safe use site.

Information on CACTUS Montreal can be found below. Cactusmontreal.org