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## STUDENT HEALTH

*\* Content Warning: Discussion of substance use, eating disorders, and sexual assault in this section.*

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*Scientific name:*  
*Oenothera biennis*  
*In-bloom:*  
July-September



*Scan this code for quick access to the links relevant to this section, organized by topic!*

## HOW STUDENT HEALTHCARE WORKS

[studentcare.ca](http://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 available on Minerva. The Health plan is \$195 a year, while the Dental plan is \$150. To know more about the Health and Dental Plan as well as your tuition fees, please consult the document "Where is My Money Going?" in Minerva.

→ StudentCare pairs with health care providers in Montreal to offer you discounts! Check out these networks on studentcare.ca. ([bit.ly/3Cu3y6b](http://bit.ly/3Cu3y6b)) to find out more.

→ StudentCare pairs with health care providers in Montreal to offer you discounts! Check out these networks on studentcare.ca. ([bit.ly/3Cu3y6b](http://bit.ly/3Cu3y6b)) 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. ([bit.ly/3Npr1B8](http://bit.ly/3Npr1B8))

→ 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. ([bit.ly/3NwxmFF](http://bit.ly/3NwxmFF))

→ 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](http://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/37YusZ4](http://bit.ly/37YusZ4)) 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.

## MENTAL HEALTH SERVICES

### KEEP.MESAFE

[keepmesafe.org](http://keepmesafe.org)

**What:** This service provides free, unlimited, 24/7 access to mental health support for all McGill students. You can connect with a counsellor through telephone and mobile chat in over 60 languages, and choose a counsellor that suits your needs (including 2SLGBTQ+ counsellors, BIPOC counsellors, disabled counsellors, and more).

**How to access:** Download the MySSP app or see SSMU's webpage about the service for more information.

### TAO (THERAPY ASSISTED ONLINE)

[mcgill.ca/wellness-hub/self-directed-care/tao-therapy-assisted-online](http://mcgill.ca/wellness-hub/self-directed-care/tao-therapy-assisted-online)

**What:** A free and private online video program designed to address issues related to stress, anxiety, depression, and more.

**How to access:** Use your McGill email address to create a free account on the TAO website or on their app, available for both iOS and Android.

### WELLNESS HUB

[mcgill.ca/wellness-hub/self-directed-care/tao-therapy-assisted-online](http://mcgill.ca/wellness-hub/self-directed-care/tao-therapy-assisted-online)

**What:** A free and private online video program designed to address issues related to stress, anxiety, depression, and more.

**How to access:** Use your McGill email address to create a free account on the TAO website or on their app, available for both iOS and Android.

## PHYSICAL HEALTH SERVICES

### DIALOGUE

[dialogue.co](http://dialogue.co)

**What:** An online platform to connect with nurses and physicians via mobile or web app from anywhere in Canada, free of charge.

**How to access:** Create an account on Dialogue's website or mobile app using your McGill email.

## WELLNESS HUB

The Hub offers physical and mental health services, including workshops, counseling, and run-of-the-mill doctors' appointments. All services are by appointment only; call 514-398-6017 on weekdays from 8:30 a.m. to 3:30 p.m. to schedule an appointment. Services are often in high demand, so make sure to call right as they open if you need an appointment urgently!

The following is a list of services offered by the Hub. Check out [mcgill.ca/wellness-hub](http://mcgill.ca/wellness-hub) for more info!

### ACCESS ADVISORS

These are advisors who can help you navigate Hub services. There are a couple of different ways they do so:

→ **Weekly Navigating Wellness Workshops** teach students about the resources available to them on- and off-campus without the need for a one-on-one appointment with an Access Advisor. However, you must register at least 24 hours in advance on myInvolvement, so keep an eye out on the Hub's website ([mcgill.ca/wellness-hub](http://mcgill.ca/wellness-hub)) for upcoming workshops!

→ **One-on-one Appointments with an Advisor** can provide you with general mental health support and information about available services. During these 80-minute appointments, an Advisor can refer you to appropriate mental health care on- or off-campus, and complete an initial triage of your mental health. While an Advisor cannot refer you directly to a psychiatrist, they may connect you to a doctor who will then complete a referral if necessary.

### CLINICAL SERVICES

If you're feeling unwell – physically or mentally – a visit to the Wellness Hub may be in order. Hub services are free to all students (full-time and part-time) who have paid their Student Services fee and are covered by insurance. So if you're ill, call the aforementioned number (514-398-6017) to schedule an appointment with a doctor as early in the day as possible.

### LOCAL WELLNESS ADVISORS

These are trained mental health clinicians who can connect you with the appropriate mental health resource on- or off- campus. They are embedded within faculties, meaning that the LWA you speak to will be familiar with your academic life, whether it be in the Faculty of Arts, Science, Engineering, or anywhere else. Additionally, LWAs for Black students and 2S&LGBTQ+ students are available. Like the Access Advisors, LWAs can assist you in a few different ways:

→ **Workshops** such as animal therapy, Cognitive Behavioral Therapy for Anxiety & Depression, and Distress Tolerance, among others, can help you learn skills to manage your mental health. A list of workshops currently on offer can be found at [mcgill.ca/wellness-hub/health-promotion/workshops](http://mcgill.ca/wellness-hub/health-promotion/workshops).

→ **One-on-one Appointments** allow an LWA to assess your mental health, provide a brief intervention, and develop a plan for next steps depending on your needs. However, they cannot refer you to a psychiatrist, though they can connect you with a doctor who will do so if a referral is necessary.

→ **Outreach** on social media helps students stay up-to-date on Wellness Hub events, including LWA workshops. Check out @healthiermcgill on Instagram to see what's up!

## EXAM HEALTH

Exam season can get stressful and overwhelming. Be sure to take lots of study breaks, drink water, and get plenty of sleep before your exams. McGill also offers activities and resources for students coping with academic anxiety:

### THERAPY DOGS

#### DOWNTOWN CAMPUS

12:30-1:30 on Mondays & Wednesdays  
during exams  
Brown Building Lobby

#### MAC CAMPUS

12:30-2:00 on Tuesdays & Thursdays  
during exams  
Centennial Centre Lobby

### MORSL LOUNGE

The McGill Office of Religious and Spiritual Life lounge is open to all students. Visit the lounge to browse its wellness library and the Healthy McGill kiosk, sign out relaxation CDs, use a light therapy lamp, or colour a mandala! It also has meditation and prayer rooms available.

SSMU services and other student-led initiatives are also there for you when you're overwhelmed.

Contact the resources below if you need to talk with someone:

### MCGILL NIGHTLINE

514-398-6246

This is a confidential, anonymous, and non-judgmental listening service. Trained volunteers offer support and active listening to students, though it is not a crisis line capable of giving you professional help.

\* *Note: Service only offered in English.*

### PEER SUPPORT CENTRE

[psc.ssmu.ca](http://psc.ssmu.ca) | 514-398-3782  
[mcgill.psc@gmail.com](mailto:mcgill.psc@gmail.com)

This service offers well-trained student peer supporters who you can share your experiences and feelings with. Peer supporters can also connect you with other resources if you are in need of other support. Visit their website to make an appointment and stay up-to-date on their opening hours and services.

# MENTAL HEALTH

McGill students have a wide array of health and wellbeing initiatives at their disposal; some offered by students, some by the university itself, and others by the wider Montreal community. 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](mailto:mentalhealth@ssmu.ca)

## KEEP.MESAFE

[keepmesafe.org](http://keepmesafe.org)

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 ([mcgill.ca/continuingstudies/keepmesafe](http://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](http://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. Many workshops and webinars are offered on-demand on the Student Wellness Hub website ([mcgill.ca/wellness-hub/get-support/remote-and-person-workshops-groups](http://mcgill.ca/wellness-hub/get-support/remote-and-person-workshops-groups)).

## STUDENT WELLNESS HUB

[mcgill.ca/wellness-hub](http://mcgill.ca/wellness-hub) | IG @healthiermcgill

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](http://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.

## STUDENT-RUN SERVICES

### MCGILL STUDENTS' NIGHTLINE

[nightline.ssmu.ca](http://nightline.ssmu.ca) | IG @nightlinemcgill  
(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. They offer both phone and online chat services, so you will be able to reach out in whatever way makes you most comfortable.

### THE PEER SUPPORT CENTRE

[psc.ssmu.ca](http://psc.ssmu.ca) | IG @pscmcgill

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.

### THE EATING DISORDER RESOURCE AND SUPPORT CENTRE

IG @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.

## BEING UPDATED ON MENTAL HEALTH RESOURCES AND OPPORTUNITIES

Follow SSMU Mental Health on Instagram (@ssmumentalhealth) or check the SSMU webpage here ([ssmu.ca/health](http://ssmu.ca/health)) for updated resource listings and for more information on the work done by the SSMU to make McGill a mentally healthier community.

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 at [ssmu.ca/resources/funding](http://ssmu.ca/resources/funding).

## ACCESS OFF-CAMPUS MENTAL HEALTH SUPPORT

Save money through your student insurance plan. Students enrolled in the SSMU Health & Dental Plan ([studentcare.ca/rte/en/McGillUniversityundergraduatestudentsSSMU\\_Home](http://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 ([bit.ly/3X7Cazy](http://bit.ly/3X7Cazy)). For international students, the Blue Cross Plan ([mcgill.ca/internationalstudents/health](http://mcgill.ca/internationalstudents/health)) covers up to \$750/year in psychologist or psychotherapist fees.

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](mailto:mentalhealth@ssmu.ca) for guidance.

## GENDER-AFFIRMING CARE

If you would like to access Hormone Replacement Therapy or other forms of gender-affirming care, there are a number of resources and organizations which can help you do so.

### LOCAL WELLNESS ADVISOR

Margot Nossal is a 2S&LGBTQ+ Local Wellness Advisor ([bit.ly/43XTZIA](http://bit.ly/43XTZIA)) who can connect you with appropriate resources on- and off-campus. She can be found in University Hall, 3473 University Office #009. You can book an appointment with her to discuss how to get the care and support you need.

### THE UNION FOR GENDER EMPOWERMENT

[theuge.org](http://theuge.org)

The UGE is a feminist, trans-positive organization that provides resources, educational opportunities, and advocacy for all who need it, especially for people of colour and trans people. The UGE is located in the University Centre at room 413, and can be contacted through the form on their website ([theuge.org](http://theuge.org)), or on Instagram at @ugecollective.

### CENTRE FOR GENDER ADVOCACY

[genderadvocacy.org](http://genderadvocacy.org)

This Concordia-based organization promotes gender equality and empowerment. It provides gender affirming gear (such as binders, packers, and trans tape, among others) on a pay-what-you-can basis, and can connect you with resources and community organizations depending on your needs. They can also help you navigate changing your name and gender marker with a Commissioner of Oaths. To contact the centre, email [info@genderadvocacy.org](mailto:info@genderadvocacy.org).

## EATING DISORDERS

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](http://anebquebec.com)

(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

[montrealfamilies.ca/health/douglas-eating-disorders-clinic](http://montrealfamilies.ca/health/douglas-eating-disorders-clinic)

(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 172](#)).

### NEDIC

[nedic.ca](http://nedic.ca) | 1 (866) 633-4220

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

[edrsc.ssmu.ca](http://edrsc.ssmu.ca) | IG @ssmueatingdisorderawareness

EDRSC provides on-campus, peer support for those experiencing an eating disorder. Contact [eatingdisorder@ssmu.ca](mailto:eatingdisorder@ssmu.ca) for more information.

# SAFER SEX: CONSENT

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.

## CONSENT IS...

- **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.
- **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!

→ For more information about consent, including examples of how to give or revoke consent, see: [bit.ly/3PrtwPM](http://bit.ly/3PrtwPM)

## RESOURCES FOR HEALTHY SEXUALITY

**MCGILL STUDENT WELLNESS HUB**  
[mcgill.ca/wellness-hub](http://mcgill.ca/wellness-hub) | (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)

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.

**SHAG SHOP**  
[mcgill.ca/healthymcgill/shagshop](http://mcgill.ca/healthymcgill/shagshop)

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.

# SAFER SEX: PROTECTING YOURSELF

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://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, make an appointment at the Wellness Hub. You can buy a test at the pharmacy, the Shag Shop ([mcgill.ca/healthymcgill/shagshop](http://mcgill.ca/healthymcgill/shagshop)), the UGE, ([theuge.org](http://theuge.org)) or Queer McGill ([queermcgill.org](http://queermcgill.org)).

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 choose to keep your child, there are resources at McGill and off-campus. For example, Head & Hands ([headandhands.ca](http://headandhands.ca)) also hosts a "Young Parent Program" for parents or parents-to-be under 25 years old.

## SEXUALLY TRANSMITTED INFECTIONS (STIS)

If you're planning to engage in a sexual activity, consider and discuss STI prevention methods with your partner(s) beforehand.

You can prevent STI transmission by getting tested. At least one test a year is recommended, but you may want to test more often if you have new or casual partners. The Wellness Hub and other resources below perform STI testing. See [page 168](#) for more information on your insurance coverage.

## RESOURCES OFF CAMPUS

**L'ACTUEL**  
[cliniquelactuel.com](http://cliniquelactuel.com)  
(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.

**SEXTED**  
[sexted.org](http://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.

### INTERSECTIONALITY OF SEXUAL VIOLENCE

The SSMU believes that all discussions surrounding sexual violence must take an intersectional approach ([bit.ly/4zHAFyf](https://bit.ly/4zHAFyf)) 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/3qNkExu](https://bit.ly/3qNkExu)), 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](mailto: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 historically, in many cases, failed to properly support survivors of sexual violence and hold their members and employees accountable for harms created. 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, if you or someone you care about experienced sexual or gendered violence, remember that you are not alone. There is no sudden answer to trauma. 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. Sexual violence requires support from professionals who have worked in response to trauma and gender-based violence. The resources in the next page of this handbook are confidential, non-judgmental, trauma-informed, and have staff who can work with survivors of sexual violence as they try to heal.

### RESOURCES ON CAMPUS

#### OSVRSE

[mcgill.ca/osvrse](https://mcgill.ca/osvrse) | (514) 398-4486

The OSVRSE provides support to those who have been impacted by sexual and gender-based 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](https://sacomss.org/wp) | (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 outreach. Their services include Drop-In and Line (DIAL), support groups and can support individuals making reports of sexual violence, provide information and accompaniment services.

#### THE MCGILL STUDENTS' NIGHTLINE

[ssmu.mcgill.ca/nightline](https://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](https://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](https://cvasm.org) | 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.

#### SOS VIOLENCE CONJUGALE

[sosviolenceconjugale.ca](https://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.

#### PROJECT 10

[p10.qc.ca](https://p10.qc.ca)

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.

*\* More resources are available in the LinkTree on the title page of this section.*

# ALCOHOL & DRUGS

## 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!

### 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. Call 911, and then Security Services if you are on campus:

Downtown: (514)-398-3000

Mac Campus: (514)398-7777

## DRUGS

SSMU does not encourage or condone illegal drug use, but we do endorse harm reduction and promote information over stigmatization.

### GUIDELINES FOR SAFER DRUG USE

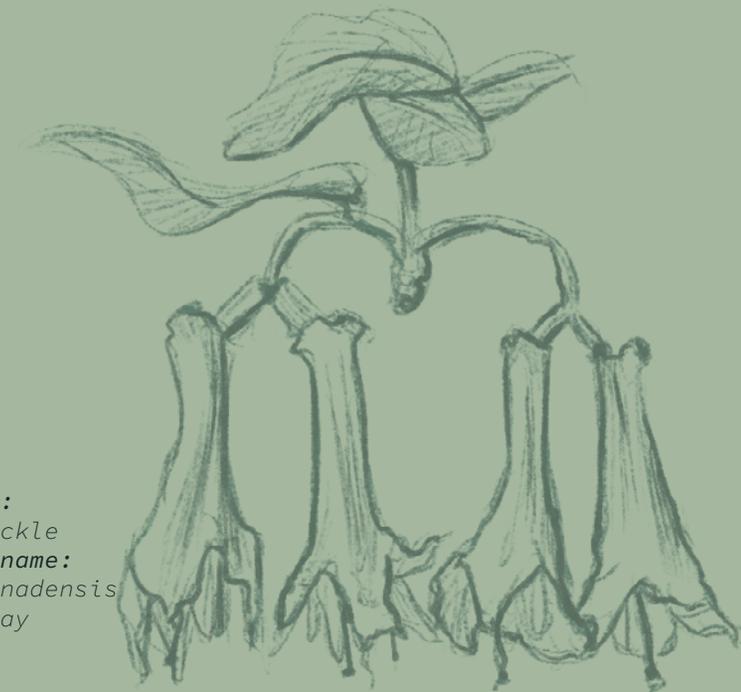
- Start with a small dose.
- Many people overdose because they expect what they've bought to be similar to the last time, but this isn't always the case.
- Beware of overdoses and laced substances!
- If you believe you are experiencing an opioid overdose, or know someone experiencing one, check the sites ([bit.ly/43YALCC](http://bit.ly/43YALCC)) in the Montreal area that offer Naloxone. You can also purchase a naloxone kit at most pharmacies. Naloxone temporarily reverses the effects of an opioid overdose and allows more time for medical help to arrive.
- 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.

### CACTUS MONTREAL

[cactusmontreal.org](http://cactusmontreal.org) | (514) 847-0067

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.

# CAMPUS LIFE



**Common name:**

*Fly-Honeysuckle*

**Scientific name:**

*Lonicera canadensis*

**In-bloom:** May



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