

Vice-présidence (Vie étudiante) de l'AEUM SSMU Vice-President (Student Life)

*Située sur les territoires traditionnels des collectivités Haudenosaunee et Anishinaabe.
Located on Haudenosaunee and Anishinaabe, traditional territories.*

studentlife@ssmu.ca | (514) 398-6800 | ssmu.ca | 3501 rue Peel, Montréal, QC, H3A 1W7



Service Overview

- Service Mandate/Mission
 - The Eating Disorder Centre of the SSMU shall provide resources and support to the McGill Community specialized in Eating Disorders and disordered eating in the form of documentation and peer support. We aim to create a space on campus that destigmatizes these topics and educates students. Our support volunteers are not mental health professionals and do not provide medical treatment. The EDCSSMU was created with the intention of creating spaces and support led by students for other students that are inclusive and knowledgeable of Eating Disorders and disordered eating, and breaking down the barriers and stigma facing students suffering from disordered eating and eating disorders after McGill defunded the eating disorder services in 2018. Volunteers will be trained around eating disorders/disordered eating and active listening, but do not have the capacity or knowledge to be counselors, therapists, or psychologists for their peers.
- Contact Info
 - Email: eatingdisorder@ssmu.ca
 - Instagram: [@ssmueatingdisordercentre](https://www.instagram.com/ssmueatingdisordercentre)
 - Website: <https://eatingdisordercentre.ssmu.ca/>

Activities & Operations

- Key Activities this Semester
 - All EDCSSMU Events are free
 - Zine Art Night - October 29th, 2025
 - The event aims to provide a space where anyone can come to explore their own unique experiences with mental health, disordered eating, body-image, self-esteem and much more through art, creativity, and community.
 - Provided paper, paint, paint brushes, oil pastels, colored pencils and markers.
 - All art made can be put into our annual Zine!
 - 5 people came to the event!
 - Currently planning a keynote speaker on Indigenous food perspectives with a UBC professor. Was originally planned for October, but speaker had personal issues arise causing a delay.
 - Collaboration in November with the Menstrual Health Project to present a workshop on the intersection between Menstrual Health and Eating Disorders

Vice-présidence (Vie étudiante) de l'AÉUM SSMU Vice-President (Student Life)

*Située sur les territoires traditionnels des collectivités Haudenosaunee et Anishinaabe.
Located on Haudenosaunee and Anishinaabe, traditional territories.*



studentlife@ssmu.ca | (514) 398-6800 | ssmu.ca | 3501 rue Peel, Montréal, QC, H3A 1W7

- In December, we will host a mental health movie night!
- Volunteers
 - We did our fall volunteer recruitment!
 - Hiring statistics
 - 2 new communications volunteers
 - 3 new events volunteers
 - 10 new support volunteers
 - 35 total volunteers (including returning ones)
 - Starting to populate our book loaning library.
 - This is a service that allows folks to take books in and out regarding mental health.
 - https://docs.google.com/forms/d/e/1FAIpQLSfG2-vyUcZ2Q6xQ4VAiu2SZ51mOZenvDL8_Qw9_a1H6aPD09Q/viewform
 - This form allows students to request books they want to see in the book borrowing system!
 - Internal training
 - Provided internal trainings for all of our new volunteers and coordinators.
 - This training happened as a mix of online modules and two in person sessions.
 - Back to school giveaway
 - Did a back to school giveaway on our instagram with 3 prizes (\$200 uber eats gift card, \$100 metro gift card, self care box)
 - This led to 145 new followers and an increase of 2607.69% of interactions to our page.
 - Tabling
 - We continued to do our regular biweekly redpath hallway tabling.
 - We also tabled at Activities night, RAD frosh, BdA, and Discover McGill
 - Collaborations
 - We attended the McGill Food Coalitions Food Insecurity Summit in September
 - Going to be a part of the Science Undergraduate Society's Mental Health Crawl in November
- Usage/Participation statistics
 - Support services usage:
 - In person support group:
 - Ran our first in person session in October
 - Had 3 participants
 - Each support group is run by 3 trained volunteers
 - These will occurring monthly
 - Online support groups:
 - Ran two sessions

Vice-présidence (Vie étudiante) de l'AÉUM SSMU Vice-President (Student Life)

*Située sur les territoires traditionnels des collectivités Haudenosaunee et Anishinaabe.
Located on Haudenosaunee and Anishinaabe, traditional territories.*

studentlife@ssmu.ca | (514) 398-6800 | ssmu.ca | 3501 rue Peel, Montréal, QC, H3A 1W7



- 3 sign ups
- 1 participant
- Each support group is run by 3 trained volunteers
- Online Peer-to-Peer support platform
 - This is a platform where users can text volunteers for support.
 - Users are paired with two volunteers who reply within 72 hours maximum.
 - We have 5 active forums.
- Highlights & Success
 - We hired a new coordinator team this summer and everyone has been getting along and we have been able to get the ball rolling! We hired 7 new coordinators over the summer.
 - We've been able to get in person support groups started again!
 - Starting an in person support group has come with a lot of barriers since COVID. We need a space with two closed off areas (one for in person support and one for people to step out if needed). This year, we are collaborating with the Local wellness hub to use the Healthy Living Annex!
 - Additionally, we have been short staffed volunteers who are in person support group trained. This summer, our support team worked hard to find volunteers who had completed the trainings and were available to run these support groups.
 - We are excited to continue to expand these as we get more experience with running them.
 - We hope to eventually be able to create identity specific support groups.
 - We had a lot of volunteer applications!
 - Given our tabling efforts, we had a very competitive volunteer application round. We hired as many as we could to ensure all volunteers have tasks and feel valued as a part of the centre. We are currently working on onboarding them.
 - We have been able to translate all of our communications into French to ensure access.
 - We are working on translating internal documents as well.
 - Our volunteer application was bilingual.
- Challenges/Barriers Faces
 - Topics like eating disorders, body image, and disordered eating are often surrounded by stigma, especially in university settings. Despite this challenge, our continued outreach and education efforts have led to a steady increase in engagement with our services. The growing number of students accessing our resources reflects both rising awareness and a greater willingness to seek support, showing that our initiatives are making a meaningful impact.

Vice-présidence (Vie étudiante) de l'AÉUM SSMU Vice-President (Student Life)

*Située sur les territoires traditionnels des collectivités Haudenosaunee et Anishinaabe.
Located on Haudenosaunee and Anishinaabe, traditional territories.*



studentlife@ssmu.ca | (514) 398-6800 | ssmu.ca | 3501 rue Peel, Montréal, QC, H3A 1W7

- With the delayed start of the services committee, we have been trying to navigate SSMU protocols to the best of our abilities.
 - However, we also understand that SSMU has a lot on their plate and have been helpful and patient with us when reached.
 - We are hoping that with the new services coordinator, this challenge will be mitigated.

Finances

- Budget allocations
 - Salaries, Admin branch, Campaigns branch, communications branch, Training branch, Misc, Events
- Previous year surplus
 - \$52,356.00
 - Not including the May 2025 expenses, have to confirm with the 24-25 FY.
 - Our expected surplus **this year** is \$6000.
 - The EDCSSMU three years ago was in a deficit given student opt out fees.
 - This put us in a difficult situation where we were not able to provide the services we wanted to.
 - Therefore, over the past two years, we worked to rectify that.
 - The centre is now at a spot where we have a better understanding of the opt outs and if there are more we will not deficit.
 - We have plans to spend this money to help meet our mandate however, it has been difficult to navigate making larger purchases.
 - For example, we sponsored Frosh this summer (\$3000) and are having difficulties with conducting the payment.
 - We are fortunate that Frosh is an internal organization within McGill, giving us more flexibility with the payment schedule. However, this reason makes it difficult for us to work with community organizers and consultants that better inform our practices (i.e. fat, people of color, queer, consultants for ED's) because they are less likely to want to work with us given the unconfirmed payment deadlines.
- Feel free to link any additional documentation
 - [The EDCSSMU's Constitution 2024-2025](#)

Future Plans/Projects

- Upcoming projects this semester

Vice-présidence (Vie étudiante) de l'AÉUM
SSMU Vice-President (Student Life)

Située sur les territoires traditionnels des collectivités Haudenosaunee et Anishinaabe.
Located on Haudenosaunee and Anishinaabe, traditional territories.



studentlife@ssmu.ca | (514) 398-6800 | ssmu.ca | 3501 rue Peel, Montréal, QC, H3A 1W7

- Continued collaborations with student groups/services with similar mandates (i.e. last year we collaborated with SNAX, MK, PSC, Nazun, and the VAS.)
- Planning for our Annual Eating Disorder Awareness Conference for February
- Have our general meeting with all volunteers and coordinators on November 11th
- Continue to advertise our monthly in person and virtual support groups
- Long term goals
 - Increase support services usage with the development of in person support groups
 - Create a social media education campaign on disordered eating and eating disorders in a university context.