

## **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.*

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## **Service Overview**

Service Mandate/Mission: Confidential, non-judgmental, and here for you. Stressed? Lonely? Feeling down? Or just want to chat? The PSC is ready to hear you out. What the PSC provides: Friendly and well-trained student peer supporters, A welcoming space where you can share your experiences and feel truly listened to Peer supporters that can connect you with resources.

### Contact Info:

[mcgill.psc@gmail.com](mailto:mcgill.psc@gmail.com)

Instagram: @PSCMcGill

## **Activities & Operations**

### Key Activities this Semester:

Service Running Monday-Friday, 11am-5pm (Free, open to students)

Peer Support Center training (Free, restricted to members)

Wellness Hub Training (Free, restricted to members and other McGill clubs)

Both included food and snacks and the Wellness Hub also had gifts.

Welcome Event and Graduation (Free, restricted to members): Hosted an event in Jean-Meance park where we provided food to celebrate the executives and peer supporters. Provided certificates to the supporters that completed training.

Halloween Pumpkin Painting (Free, open to public): Hosted a pumpkin painting event for halloween and mid-term exam de-stresser in the SSMU building. Provided pumpkins, painting supplies and candies.

Collaging event (Free, open to public): Collaborate with the visual arts society to host a pre-exam de-stress collaging/crafts event.

Initiatives to promote PSC services/engagement:

- Distributing PSC coffee sleeves in Gerts
- Attended tabling events (Activities fair, Club Night, etc.)

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- Instagram/website engagement
- Having libraries give students our promotional bookmarks

### Usage/Participation statistics:

- Number of volunteers:  
Executives:
  - 2 Chairs (1 President and 1 Vice President)
  - 7 Coordinators (used to be 9, but 1 quit before the transition, and 1 other was fired)
  
- Mental Health Ambassadors (Various Roles):
  - 29
  
- Number of Sessions Since the Beginning of the Semester:
  - 11 (8 Walk-Ins and 3 Appointments)
  - Appointments scheduled: 9 (without cancellations)
  - Appointments cancelled: 2
  
- Number of participants for the various activities that happened before November the submission of this form were between 12-20

### Highlights & Success:

- Almost **4x** the amount of people coming-in for sessions compared to this time last year
- Our statistics of the training emphasize that volunteers thought it was “highly-effective”, “engaging” and “well-received. ”
- 100% of trainees said they felt the environment of training was inclusive and supportive with comments emphasizing the role that execs played by being approachable and open to questions.
- Role-plays were helpful as practice of training material.
- Training material, group discussions and practice activities were well received and received high marks in the trainees’ evaluation.
- Additional documentation to help trainees make reference is being created.
- Been collaborating with different organizations and clubs around campus.
- Our social media have been more active (more posts or others) and got more interaction and visibility.
- Snacks in the office.
- Made certificates for the new trainees and had promotional gifts for them as well.
- Promotional material distributed across campus for more visibility.

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- Despite being a new executive team, having an executive quit, and an executive being let go, the PSC has been able to continue hosting many events and maintaining an ongoing service + our successes with increased visits and positive feedback.

### Challenges/Barriers Faced:

- 1 exec quit at the beginning.
- 1 exec had to be fired following the constitution protocol.
- Training time seems to be considered long by trainees.
- Confidence in being able to support volunteers is good, but trainees feel that they could improve their referential skills.
- Most catering and grocery stores we tried have been unreliable with the products provided and time-schedules not being respected.
- We've also had difficulty getting responses from SSMU at times especially regarding finances.
- We had to rent a projector for one of the days of training because the one provided by SSMU was dysfunctional and the TV replacement was too small.
- Getting everyone to come to executive meetings at the same time.
- Still need to improve our visibility on campus.
- Students coming-in for sessions have not been answering our feedback survey.
- The office being so far up and away in the building makes it hard for students to find us.
- Not being paid makes it hard for execs to commit fully to the PSC and work on multiple projects that would really help the PSC and the students.
- The transition process between old execs and new ones hasn't always been ideal or fluid.
- Most of the executives this year are new executives and are fully new to the PSC (was not previously a supporter) - this made the onboarding process less smooth, taking longer at the beginning of the year to get settled and fully understand each of our roles.

### Team:

- 27 supporters
- 18 shift leads
- 7 executive

## Finances

- Budget allocations

### **5-year plan: 34% of the budget**

- Community Engagement: the focus here is to expand visibility and outreach through various events, activities and collaborations

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- **Driving Service Use**: Raise awareness on our services through outreach campaigns, online visibility and just more specifically making it more clear on how to access the service
- **Internal Revamp**: boost our internal system and website for easier accessibility and to better meet our needs as well as the student's needs

### Annual plan: 63% of the budget

- **Logistics & Operations**: this portfolio covers our main online subscriptions such as communication platforms but also accessibility platforms to facilitate coordination between execs and supporters, this helps the PSC run smoothly
- **Promotions & Outreach**: support all marketing materials (posters, flyers, instagram boosts, stickers...) to keep students informed in our main social media platforms
- **Support Space Expenses**: this portfolio is aimed to keep the space comfortable and accessible, especially through the purchase of snacks, drinks and other supplies
- **Training**: covers all the expenses that go towards our training, supporter training (August), Wellness hub training and Shift Lead training (September). There's also yearly training happening and this ensures that all our supporters and SLs are prepared and trained using the right resources
- **Volunteer Appreciation**: this is to recognize the hard work of our supporters but also our execs who work hard to make sure the PSC runs smoothly for the wellness of all students
- Previous year surplus: \$ 76,113.27

Linked Documentation:

<https://docs.google.com/spreadsheets/d/1Q8Cm1hv0wIHl6wtqejRF3RMmwjB8-WriVL6ZHBI0fZM/edit?usp=sharing>

## Future Plans/Projects

Upcoming projects this semester:

- Puppy Yoga: Host a puppy yoga event open to all as a school de-stress event and promote PSC services.
- Peer Support Center Ball: Semi-formal dinner to celebrate the amazing work done by the supporters, shift leads, and executives. The ball will be hosted at Thompson House with a buffet dinner.

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- Collaboration with MindVista to host a Ted X Speaker Talk, Samir Mourani, for Movember to discuss men's mental health. In efforts to reduce the importance of mental health in men and promote the PSC's services to gain more male users.
- Continuing our service running 11am-5pm Monday to Friday.
- Efforts to get the executive team financially compensated for their work

**Long Term Goals:**

The long-term goals of the Peer Support Centre (PSC) at McGill are to empower the student community through comprehensive mental health advocacy and education and to continue providing accessible, confidential, non-judgmental, and non-directional peer support services. More specifically, in order to maintain and grow our campus presence and engagement we are focusing on ways to engage with different audiences that are currently using our services less. That being said, long term, we want to promote more male engagement with the PSC (currently have more women using the PSC), promote services with the graduate, and get our names out there more for incoming and year 1 students. Adding on to that, long term, we aim to get the executive team financially compensated.