

<b>PGSS International Students Caucus</b> — Welcome events and resources for new international students	<a href="mailto:isc.pgss@mail.mcgill.ca">isc.pgss@mail.mcgill.ca</a>
<b>PGSS Family Care</b> — Free childcare, advocacy, and personal support for graduate students with children	<a href="mailto:familycare.pgss@mail.mcgill.ca">familycare.pgss@mail.mcgill.ca</a>
<b>Equality and Diversity Committee</b> — Representation to PGSS or varying governing bodies at McGill. If you feel that there is an issue regarding equity or diversity at the level of PGSS or McGill, they will represent your concerns	<a href="mailto:equity.pgss@mail.mcgill.ca">equity.pgss@mail.mcgill.ca</a>
<b>Happy Lamp Lending Program</b> — Free two-week rentals of therapy lamps	<a href="https://pgss.mcgill.ca/en/evem/350">https://pgss.mcgill.ca/en/evem/350</a>
<b>Health and Wellness Committee</b> — Wellness promotion, advocacy, and management of PGSS health and dental plans	<a href="mailto:health.pgss@mail.mcgill.ca">health.pgss@mail.mcgill.ca</a>
<b>Student Wellness Officers</b> — Wellbeing-focused events and seminars, personal advice, referral to other McGill services	Varies year to year; see <a href="http://gsaneuro.com">gsaneuro.com</a>
<b>Peer Support Program</b> — Confidential, non-judgemental listening and support from GSAN students. Any reason or no reason is a good reason to call.	Varies year to year; see <a href="http://gsaneuro.com">gsaneuro.com</a>
<b>International Student Officers</b> — Events and resources to ease transitions for incoming international students, offer personal advice/needs, produce a new students guide available on the GSAN website	Varies year to year; see <a href="http://gsaneuro.com">gsaneuro.com</a>
<b>Buddy Program</b> — Matches new neuroscience graduate students with veteran students for advice about McGill, the IPN, and living in Montreal	Varies year to year; see <a href="http://gsaneuro.com">gsaneuro.com</a>

Grad school can be an amazing experience, but it brings a set of challenges as well. It's important to take care of yourself and to address personal problems if and when they come up. Here we've collected some resources from around McGill to help you do just that: to complete this adventure while flourishing as a person.

To contact us : [gsan.mcgill@gmail.com](mailto:gsan.mcgill@gmail.com)  
[www.gsaneuro.com](http://www.gsaneuro.com)



# WELLBEING RESOURCES

for GSAN students

<b>McGill Counseling and Mental Health Service</b> — Crisis intervention and assistance, workshops in coping strategies and wellness, one on one or group talk therapy with professionals, consultation for concerned parties, PRIDE counselling team specializing in LGBTTTQ+ issues, mental Health First Aid Training	<a href="mailto:counseling.service@mcgill.ca">counseling.service@mcgill.ca</a> <a href="mailto:mentalhealth.students@mcgill.ca">mentalhealth.students@mcgill.ca</a>
<b>McGill Office of Religious and Spiritual Life (MORSL)</b> — Can connect students to both old and modern Faiths; offers resources for students seeking spiritual meaning or who are more comfortable with a religious/spiritual counselor than a secular counselor, meditation, light therapy, peer support	Suite 2100, Brown Building 3600 rue McTavish Montreal, QC, H3A 0G3 Tel: 514-398-4104 <a href="mailto:morsl@mcgill.ca">morsl@mcgill.ca</a>
<b>Sexual Assault Center of the McGill Students' Society</b> — Support to survivors of sexual assault through their hotline, in person support, group therapy, advice and support for supporters	<a href="mailto:main@sacomss.org">main@sacomss.org</a>
<b>McGill First People's House</b> — Community and meeting place for First Nations, Inuit, and Métis students where they can find a safe space and stay connected to their roots	First Peoples' House at McGill 3505 Peel Street Montreal, Quebec H3A 1W7 Tel: 514-398-3217
<b>Harassment, Sexual Harassment, and Discrimination assessors</b> — Help students who feel that they have been the victims of harassment, sexual harassment, or discrimination at McGill initiate a complaint and investigation	Tel: 514-398-3964 <a href="mailto:pascal.legros@mcgill.ca">pascal.legros@mcgill.ca</a>
<b>International Student Services</b> — Orientation and community-building events for international McGill Students, off-the-plane greeting and reception, legal/financial advice (Visas, permits, insurance); general advice, buddy program	Brown Student Services Building 3600 McTavish Street, Suite 4400 Tel: 514-398-4349 <a href="mailto:international_students@mcgill.ca">international_students@mcgill.ca</a>
<b>Social Equity and Diversity Education Office</b> — Information and training to promote an inclusive and harmonious campus, different coordinators (family services, LGBTTTQ+) can help students navigate a variety of challenges on campus	3610 McTavish, Suites 11 & 12 Tel: 514-398-2039 <a href="mailto:equitydiversity@mcgill.ca">equitydiversity@mcgill.ca</a>

<b>Queer McGill</b> — Safe community and support services for students "including but not limited to gay, lesbian, bisexual, transgender, transsexual, two-spirited, asexual, intersex, pansexual, questioning, and anyone who identifies with the queer moniker"	SSMU Building 432 <a href="mailto:queermcgill@gmail.com">queermcgill@gmail.com</a>
<b>Union for Gender Empowerment</b> — Anti-oppression workshops, safe space lounge, at-cost eco-friendly menstrual products, safe sex supplies	3480 rue McTavish, rm. 413 Tel: 514 398 2569 <a href="mailto:unionforgenderempowerment@gmail.com">unionforgenderempowerment@gmail.com</a>
<b>McGill Students' Chapter of Jack.org</b> — Workshops, speaker series, and support groups promoting mental health and the destigmatization of mental illness	<a href="mailto:mccjackdotorg@gmail.com">mccjackdotorg@gmail.com</a>
<b>McGill Peer Support Center</b> — One on one support from trained student peer helpers for any issue	Room 411, SSMU Building <a href="mailto:mcgill_psc@gmail.com">mcgill_psc@gmail.com</a>
<b>McGill Eating Disorder Program</b> — Multi-disciplinary team offering assessment, therapy, counseling, meal support, and more, support and advice for supporters of those with mental illness	Brown Building, suite 5500 Tel: 514-398-6019 <a href="mailto:edp-clerk.mentalhealth@mcgill.ca">edp-clerk.mentalhealth@mcgill.ca</a>
<b>SSMU Walksafe</b> — Provides two-person accompaniment for students feeling uncomfortable about walking home at night, if walksafe is unavailable, students can contact McGill security at 514-398-3000	Tel: 514-398-2498
<b>McGill Office for Students with Disabilities</b> — Support, accommodations, and counseling for students who feel that their academic progress is being hampered by an impairment of any kind	Redpath Library Building, Suite RS66 Tel: 514-398-6009 <a href="mailto:disabilities_students@mcgill.ca">disabilities_students@mcgill.ca</a>
<b>Healthy McGill</b> — Support hub for students looking to lead a healthier lifestyle, whether that entails safer sex, better food, relaxation techniques, or something else entirely	3600 rue McTavish, suite 3100 <a href="mailto:health_promotion@mcgill.ca">health_promotion@mcgill.ca</a>

<b>McGill Nightline</b> — Confidential, non-judgemental, night-time listening service for issues of any severity	Tel: 514-398-6246
<b>Liaison Officer (Harm Reduction)</b> — Central hub for resources related to sexual assault, provides annual forums for students to discuss consent on campus	550 Sherbrooke O., Suite 585 Tel: 514-398-3786
<b>Frugal Scholar Program</b> — Series of workshops and resources to help students manage their finances responsibly	<a href="https://www.mcgill.ca/studentaid/finances/frugal-scholar-workshops">https://www.mcgill.ca/studentaid/finances/frugal-scholar-workshops</a>
<b>Urgent Care Health Clinic</b> — Offers same-day treatment of appointments for urgent matters only	3600 McTavish Street West, room 3301 Tel: 514-398-6017 <a href="https://www.mcgill.ca/studenthealth/see-doctor/clinic">https://www.mcgill.ca/studenthealth/see-doctor/clinic</a>
<b>InfoSanté</b> — Free medical advice over the phone for non-urgent matters	Tel: 811
<b>McGill Athletics and Recreation</b> — Offers a variety of fitness, yoga, dance, self-defence, and sport programs to promote student wellbeing, physical therapy is also available	475 Av. Des Pins West Tel: 514-398-7000 ext. 0273 <a href="mailto:info.athletics@mcgill.ca">info.athletics@mcgill.ca</a>
<b>Shag Shop</b> — Online sex shop and sexual health information hub	Tel: 514-398-2087 <a href="mailto:health_promotion@mcgill.ca">health_promotion@mcgill.ca</a>
<b>Suicide Action Montreal</b> — Bilingual, 24/7 phone support, crisis workers, and monitoring for people who feel they are at risk of committing suicide. If you're considering calling, call.	Tel: 1 866 277-3553; the national suicide prevention line is available at 1-800-273-TALK, call.
<b>Heads and Hands</b> — Free medical clinics for Montreal youth (12-25, free counselling on subjects such as gender identity, pregnancy, nutrition, sexual health, mental health, and more	33 Sherbrooke St W Tel: 514-481-0277 <a href="mailto:info@headandhands.ca">info@headandhands.ca</a>
<b>Face à face</b> — Legal advice, advocacy, and housing support those who do not have a place to stay, or are at risk of becoming homeless	989 St Antoine West Suite 101B Tel: 514-934-4546. <a href="mailto:info@facefacemontreal.org">info@facefacemontreal.org</a>