
Wellness Support and Referrals for Students in Distress

Created and informed by **Local Wellness Advisors** across campus and faculties at McGill University



Student
Services | Services
aux étudiants



Student
Wellness Hub

The situation is an Emergency

- › Call 911
- › Contact Security Services
- › Community Emergency Support

911 Services

Inform 911 of location and reason for immediate services

Security Services

Downtown: (514) 398-3000

MAC: (514) 398-7777

Community Emergency Support

Tracom for Crisis Intervention: (514) 483-3033
(Crisis line, intervention and emergency housing)

SOS CONJUGAL VIOLENCE: (514) 873-9010
(Support, referral, available shelter spaces)

Centre de Crise de L'ouest de L'île (MAC): (514) 684-6160
(Emergency support and possible housing)



The situation is
an NOT an
emergency but
needs Immediate
Support

- › keep.meSAFE
- › Wellness Hub
- › Dean of Students
- › Call 811

keep.meSAFE

To access this service; download the [MySSP app](#).
Service is completely free and unlimited for all
McGill students, regardless of location.

Wellness Hub-Access Advisor

Drop-In Mental health/clinical support. Book [here](#).

Dean of Students Case Managers

Contact Information:

(514) 398-1881 or (514) 398-4990



The situation is
an NOT an
emergency but
needs Immediate
Support – con't

- › keep.meSAFE
- › Wellness Hub
- › Dean of Students
- › Call 811

Community Emergency Support

811: Info Sante access to a Nurse or Social worker

Suicide Action Montreal: (514) 723-4000

Quebec National Crisis Line: 1-866-277-3553



The students needs Individual Support Soon

- › Wellness Hub
- › Dean of Students
- › Private Services
- › Community Services

Hub – Local Wellness Advisors

12 LWA's across different units and faculties, book an appointment [here](#)

Hub – Counselling Services

Address various forms of Mental Health, call to make an appointment: (514) 398-6017

Dean of Students – Early Alert

For more information on the Early Alert System click [here](#)



The students needs Individual Support Soon – con't

- › Wellness Hub
- › Dean of Students
- › Private Services
- › Community Services

Private Therapy

Through student insurance: montrealtherapy.com
or <https://www.ordrepsy.qc.ca/trouver-de-aide>

Public Community

List of Off-Campus Health Clinics and Services [here](#)
or in Quebec [here](#)



Students in Distress Clarifying and Referral Guide

