

McGill University will close for the Holiday Break from **Monday, December 25, 2017** to **Tuesday, January 2, 2018, inclusive**. However, for McGill students remaining in Montreal over the holidays, there are still many resources available.

The following is a list of free and fun things to do in Montreal during the holiday period:  
<http://www.mcgill.ca/studentaid/files/studentaid/holiday-cheap-sheet.pdf>

McGill's Student Health Service is closed during the holidays but students can visit off campus clinics (<https://www.mcgill.ca/studenthealth/see-doctor/offcampus>) or call Info Santé for medical information – a bilingual nurse is available 24/7 (Phone number 811).

To address the crisis situations/emergencies, **call 911 immediately**. Security Services **514-398-3000** also has agents working in the residences over the holidays and their usual patrollers covering the entire campus.

International Student Services has organised events (Grad & Undergrad) to provide a meeting space to International Students staying in Montreal over the Holidays: the Winter Break Club.

**Winter Break Club Social Events:**

[For Undergraduates](#)

[For Grad students](#)

**Winter Break Club on Facebook**, to connect students staying in Montreal over the holidays:

[For Undergraduates](#)

[For Grad students](#)

**OFF CAMPUS PSYCHOSOCIAL/HEALTH SUPPORT**

FOR EMERGENCIES CALL 911 or present yourself at the nearest hospital emergency room.
MONTREAL POLICE 514-280-2222   For non-urgent matters or information.
INFO-CRIME MONTREAL 514-393-1133   Hotline for anonymously reporting a crime.
STUDENTCARE EMPOWER ME 1 (844) 741-6389   24/7 accessible counselling services
LIST OF OFF CAMPUS HEALTH CLINICS <a href="http://mcgill.ca/studenthealth/see-doctor/offcampus">mcgill.ca/studenthealth/see-doctor/offcampus</a>
LOCAL COMMUNITY SERVIC CENTER (CLSC) Google CLSC to find service centre of your community Google CLSC   You may go to a walk-in clinic for psychosocial support.
ORDRE DES PSYCHOLOGUES (QUEBEC) 514 738-1223   <a href="https://www.ordrepsy.qc.ca/accueil">https://www.ordrepsy.qc.ca/accueil</a>   To find a professional psychologist or psychotherapist in private practice.

## **HOTLINES AND REFERRALS**

<b>INFO SANTE AND INFO SOCIAUX</b> On call nurse for health information. On call social worker for information and psychosocial support. Referral services- Dial 811
<b>INFORMATION AND REFERRAL CENTER OF GREATER MONTREAL</b> Free service providing information and referrals by region for all issues/topics- 514-527-1375
<b>SUICIDE ACTION MONTREAL</b> Free listening line, education, and bereavement support- 514-723-4000
<b>DEPRESSED ANONYMOUS</b> Free listening and referral services- 514-278-2130
<b>TEL AIDE</b> Free, anonymous listening center for people experiencing loneliness, stress, relationship problems, distress 24/7- 514-935-1101
<b>SOS CONJUGAL VIOLENCE</b> Free, anonymous listening, evaluation, referral service for counselling or shelter- 514-873-9010
<b>DRUG USE REFERRAL LINE</b> 24-7 info and referral service- 514-527-2626
<b>NATIONAL EATING DISORDER INFORMATION CENTER</b> Help line, support, information on eating disorders, referrals to health professionals- 1-866-633-4220
<b>SEXUAL ASSAULT HELPLINE</b> Free, confidential crisis line- 514-934-4504
<b>MONTREAL SEXUAL ASSAULT CENTER</b> Confidential, crisis support services- 514-934-4504
<b>TRACOM CENTER FOR CRISIS INTERVENTION-</b> 24/7 Crisis line and intervention, temporary housing, community follow-up   514-483-3033
<b>MULTI-ECOUTE</b> Listening services in many languages, information and referrals- 514-737-3604