Stay healthy and well at McGill!

A message from Campus Life & Engagement, the one office dedicated to new McGill students.

Good morning!

This week, as you continue to prepare for your arrival on campus, you’ll want to start thinking about your plan to stay healthy and fit—both mentally and physically—during your studies. McGill can be a challenging environment and taking good care of yourself is essential to your success at university. There are a variety of resources and support networks designed to help you thrive and we want to make sure that you are well-informed about how to be mindful of your well-being.

What is Wellness?

Wellness has eight different components: physical health, mental health, spiritual, academic, career, cultural, social, and financial. It's more than just going for check-ups and exercising! Neglecting any
one of the wellness components can have a chain effect so it's important to check in with yourself every once in a while and see how you're doing.

Get to Know the Student Wellness Hub

The **Hub is your one-stop shop for health and wellness resources**, located in the Brown Student Services Building on the Downtown campus and in the Centennial Centre on the Macdonald campus. Online, the [Virtual Hub](#) offers information and tools to help you stay fit.

A team of doctors, nurses, psychiatrists, mental health professionals, counsellors, and dietitians are available for consultation at the Hub. [Local Wellness Advisors](#) also work in each faculty providing tailored advice and group activities.

You can drop by the Hub and use one of the electronic kiosks to access [same-day services or book an appointment](#). You can also [pre-book appointments over the phone](#), but please note that same-day services are offered on a first-come, first-served basis.

Insurance

At McGill, each student association provides its own health insurance coverage for domestic students; international students are covered by a plan through International Student Services. We sent you an email with in-depth information about [Health Insurance](#). Be sure to understand what's covered, and what's not, to avoid out-of-pocket expenses.

Vaccinations

Make sure you're protected by keeping up-to-date with your vaccinations, including HPV and Meningitis ACWY & B vaccinations. Check out the [vaccinations page](#) for more details.

Pre-Existing Health Concerns

If you already have [pre-existing health concerns](#) that require regular attention, it's important to line up the resources you'll need once you arrive in Montreal. Start planning now if you take [prescription medication](#), need [follow-up care from a specialist](#), require [long-term psychotherapy](#), or want to make arrangements for [care off-campus](#). Students with a [documented disability](#), [mental health disorder](#), [chronic illness](#), or other [impairment](#) can register with the [Office of Students with Disabilities](#) for support.
Plan for Success

McGill has a wide variety of activities to help you develop strategies to succeed. You can participate in academic, wellness and life skills workshops, as well as other activities adapted to your faculty via your Local Wellness Advisor. If you are caring for a child or family member, we also have resources for student care-givers.

Take Care of Yourself… and Others!

Building a healthy campus community depends on all of us! McGill is home to a vibrant community of peer support groups who connect students with other students in need. Check out peer support options to learn more!

Educating yourself about the different facets of student life is another important part of self-care. You can read up on healthy sexuality, substance use, healthy eating, and other topics essential to staying and well here!

Health & Wellness Webinars

- NEW: Montreal's Health Care Community: If you would like to better understand where to get health help, and how to access & utilize Montreal's health services to the best of your ability, this webinar is for you. Join one of our two sessions Monday, August 5 - 9-10 a.m. EST; Wednesday, August 7 - 6-7 p.m. EST. Register here!
- Tips for a Healthy First Year: Learn how to eat well, stay active, manage stress, and make connections, to have a healthy and fun first year. Join us for one of our two sessions Tuesday, August 6 - 4-5 p.m. EST; Tuesday, August 13 - 9-10 a.m. EST. Register here!
- Intimate Relationships: Broadening our Horizons: Discuss the contemporary and diverse meanings of intimacy through the exploration of different models of relationships. Join us for our session on Tuesday, August 20 - 3:30-4:30 p.m. EST. Register here!

There's nothing more important than your health and well-being; it’s a big part of succeeding at McGill. Don't wait until you're not feeling well to think about how you can stay healthy and to get to
know all of the resources available to you. If you have questions related to health and wellness, you can reach out directly to the Student Wellness Hub.

As always, you can visit our First-Year website for an in-depth explanation of all that you need to know before starting at McGill. If you have any questions, don’t hesitate to contact Campus Life & Engagement, we’ll be happy to help. Have a great week!

Regards,

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If you think you’ve missed any of our messages or want to re-read any, check out CL&E’s First-Year Email archive.

Please note that any reference to admissions in this communication should not be considered as an official acceptance to the University. The official admission decision is conveyed in McGill’s formal letter of acceptance found on Minerva.
McGill University is located on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Haudenosaunee and Anishinabeg nations. McGill honours, recognizes and respects these nations as the traditional stewards of the lands and waters on which we meet today.
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