



Did you know that there is a **mental health clinician dedicated to supporting Graduate Students** and the larger graduate community here at McGill?

Local Wellness Advisor for Graduate Students



Devon Simpson, MSW (McGill 2014) is the Local Wellness Advisor (LWA) for graduate students.

Devon is here to:

- orient and connect students with the appropriate support resource - on-campus or off-campus - for their unique situation
- provide wellness programming tailored to graduate students and work with departments on wellness awareness, prevention and early intervention.
- provide a range of support services to empower the graduate community with the tools and know-how to prioritize and foster positive mental health and overall wellbeing.

Devon is available by email at: devon.simpson@mcgill.ca

What can the Local Wellness Advisor do for departments?

Consultations & Support

The Wellness Advisor may be able to help you navigate difficult or delicate situations concerning your students. Contact Devon for a confidential discussion around your questions and concerns. Here are some specific examples of the ways that Devon can support you:

- **Supporting you supporting your students** (Exploring mental health resources available to staff so that you can support yourself as you support your students, linking you to your EFPA and other services , review of resources such as the Mental Health Commission of Canada's *Guide to Prioritize your mental wellness while working from home*, connecting to faculty-facing support services available to you)
- **Navigating difficult conversations** with your TA's and students (active listening, conflict de-escalation, finding common ground, reviewing and adjusting expectations)
- **Providing 1:1 direct support for your TA's** (one-on-one individual confidential sessions; PhD support group)

Please note this is not an exhaustive list and serves as a suggestion of some of the ways Devon can support you. Please don't hesitate to contact them to connect and explore specific supports available to you.

Wellness Programming

Devon and the LWA team regularly provide wellness workshops and groups to support students during their academic journey. For more information on currently available programming and services please see the [McGill Wellness Hub "Remote and In-Person Workshops and Groups" website](#). **Devon can also offer tailored programming for your students.**

Individual Appointments for Students

If you have a graduate student (located in Quebec) in need of support, you can refer them for one-on-one appointments or for Individual Graduate Wellness planning through the [McGill Wellness Hub Booking page](#).