



IPN Winter Orientation Presentation Summary Sheet - January 6, 2023

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Local Wellness Advisor (LWA) for FMHS - Graduate Programs

Booking page: [Local Wellness Advisor: Medicine & Health Sciences \(Graduate Students\) | Student Wellness Hub - McGill University](#)

### **Presentation goals:**

- 1) Introduce LWA and new role
- 2) Orient participants to available services at the Student Wellness Hub
- 3) Promote reflection on preventive mental health

### **What does a Local Wellness Advisor do?**

- Available for one-on-one appointments for wellness planning. Short term follow up is available.
- Connects students to other health and wellness supports on campus
- Equips students with tools and resources for mental health
- Offers wellness programming tailored to our faculty
- Works with departments on wellness awareness, prevention and early intervention
- Appointments currently virtual only, will be available in person soon

In addition to the dedicated LWA available for FMHS graduate students, there are also LWAs with area catchments who can see students in our faculty if they belong to that catchment e.g. LWA for international students, 2SLGBTQ+ students.

### **What can we work on in a 1-1 session?**

*Here are some examples of topics that can be addressed in a 1-1 LWA session.*

Setting boundaries

Family/Personal concerns

Isolation & Loneliness

Stress & Anxiety

Interpersonal relationships

Procrastination

Support with navigating health resources at McGill/in Montreal

Please note also that students can book a session with an LWA proactively. You do not need to wait until you are in distress to reach out.



## Orientation to the Student Wellness Hub:

The [McGill's Student Wellness Hub](#) is a one-stop shop to support the mental and physical health of students. The physical location is at 3600 McTavish in the Brown Building. There are also virtual components of the Hub, and health prevention and promotion space (Healthy Living Annex). The Hub includes:

- [Clinical services](#): Doctors, Nurses, Dieticians, Counselors, etc.
- [Wellness Programming](#): workshops, support groups, animal therapy, etc.
- Follow @healthiermcgill on [Instagram](#) and [Facebook](#) for updates about what is going on at the Student Wellness Hub.

## Accessing Services at the Hub:

- All our services are free and available to currently enrolled students.
- Tip: Always bring McGill ID and health insurance card (if seeing a doctor).
- To schedule or cancel an appointment, call 514-398-6017, exceptionally LWA appts are booked online.
- Hub opening hours: Monday to Friday, 8:30 a.m. to 4 p.m.

\*\*\*[Keep.meSAFE](#) is another option for after hours support. It is available 24/7. It is an app-based counseling service. It is free for McGill students, available from anywhere in the world in more than 60 languages. To use it, download MySSP app.

## Preventive Mental Health Reflection:

Our approach to addressing the mental health and wellness of students must include a preventive approach as well components that can react and respond to students who are experiencing a higher level of distress. We meet students where they are at, both physically, as well as in potential levels of engagement (e.g. virtual options, self-directed options etc).

We can also think about preventive mental health and wellness as holistic with many components. The Hub Wellness Wheel provides us with an illustration of the different facets of wellness. When all of our energy is going into one or two of the components, it can be difficult to feel balanced and well. Consider for yourself what your priorities are. Are there components of the wheel that you are neglecting? Is there one that is a priority for you to invest in?

