

Re: Weekly COVID-19 related update from the Director

December 1, 2020

Dear Students,

This is the fifth weekly update related to your studies at the Ingram School of Nursing (ISoN) in the midst of the ongoing COVID-19 pandemic. This is part of our continuing efforts to provide clarity and transparency in decision-making by ISoN leadership, together with our rationale for the decisions made. These updates can also be found on our website [here](#).

As planned, this week's Town Hall will take place Wednesday, December 2<sup>nd</sup> from 6:00 to 7:00 p.m. EST via [Zoom](#). If you were unable to attend last week's Town Hall, you may access the recording of it [here](#) with the passcode: +q+7^j5v.

Since my last message sent to you on [November 25<sup>th</sup>](#), I held a virtual Town Hall that evening during which time I received your questions directly and via your student leaders. Various meetings and the latest updates from key stakeholders inform this week's message.

I will cover one issue this week: Availability of and access to resources.

### *RESOURCES*

At the Town Hall, some of you mentioned experiencing issues accessing the [WELL Office](#) and the [Student Wellness Hub](#), including long wait times to get responses after reaching out for support for mental-health purposes. We have since reached out to both offices for clarification.

### **Student Wellness Hub (SWH)**

We spoke with a representative of the SWH, who clarified that students are encouraged to call the SWH, discuss their individual situations and they will then receive a response based on their particular situation. Depending on the student's situation, the next appointment with a mental-health professional can be between December 4<sup>th</sup>-18<sup>th</sup>, 2020. There is indeed a three-week wait time for a regular appointment with a counsellor.

### **WELL Office**

A representative from the WELL Office confirmed that appointments with the counsellor assigned to ISoN students (Emily Wasylenko) are available as of December 8<sup>th</sup>. Students can book the next available appointment directly from [Emily's Calendly account](#).

Students in distress can either:

1. Follow the steps indicated in Emily's *Calendly* account, under the heading "If you are experiencing high levels of distress"; or
2. Make use of the emergency resources available on the WELL Office's [Emergency Contacts](#) page.

As a follow-up to a question from the last Town Hall regarding the affiliation between the WELL Office the SWH, we have since learned that each department functions independently from the other.

### Keep.meSAFE app

The [keep.meSAFE](#) app is a great option for all of our students. It is completely free, unlimited and is offered to students in partnership with the Students' Society of McGill University (SSMU) and the Post Graduate Students' Society (PGSS). It provides 24/7/365 access to licensed counsellors through telephone and mobile chat in over 60 languages. To access this service, download the MySSP app for [Apple iOS](#) or [Android](#). You can learn more about this service on [SSMU's website](#).

### Holiday Events

We have also reached out to [Student Services](#) to acquire more information on events (virtual and otherwise) taking place over the holiday period to help with student morale and mental health. We did not receive a response in time to be included in this message, but we will include any updated information in a forthcoming message.

Please do not hesitate to share any concerns or questions you may have with your elected NUS and NGSA representatives, or feel free to send your feedback to me directly through my assistant, Irina Cazac, at [directoradmin.nursing@mcgill.ca](mailto:directoradmin.nursing@mcgill.ca).

Best regards and stay safe,



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