

Supporting Graduate student well-being

Graduate studies can be hard on your well-being. Our goal is to ensure that you have all the tools and information you need to make your experience an unbridled success. This document features many support services that are readily available to you.

Need further support? Contact your **Graduate Program Director** or **GPS Associate Dean**.



Need immediate support?

Reach out to us by scanning the QR code or through the link below
mcgill.ca/x/icZ



Student Wellness Hub

A range of services to support the well-being of McGill Students with a focus on awareness,

- Local Wellness Advisors
- Self-directed Care
- Healthy Living Annex
- Peer Support



Peer Support

Resources for McGill students by McGill students.

- PGSS Mental Health Resources
- GuardMe Student Support Program
- Peer Support Centre at McGill
- McGill Students Nightline
- McGill Legal information Clinic



Academic and Community Support

Excel in your studies at McGill while getting the support you need.

- Supervision: Graduate and Postdoctoral Support
- Graphos Writing Support
- Student Accessibility and Achievement
- International Student Services
- First Peoples' House
- Graduate Student Study Spaces
- SKILLSETS
- Office of the Ombudsperson



Dean of Students

A McGill office dedicated to promoting students' academic and personal success.

- Building Wellness
- Sexual Violence Support
- Support and Guidance



Financial and Career Support

Feel secure in your finances while planning for the future.

- GPS Graduate Funding
- Scholarships and Student Aid
- Career Planning Services
- Doctoral Internship Program
- myPath Individual Development Plans



Get Involved

Make friends, build community, and stay active at McGill.

- Campus Life & Engagement
- Student Clubs and Services
- Graduate Peer Mentorship & Support
- McGill Recreation
- Office of Religious and Spiritual Life



Security Services

Downtown: 514-398-3000
Mac Campus: 514-398-7777



View this resource page on the web:
mcgill.ca/x/wpV