

Collaborative Care

McGill Counselling Services

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Wellness Wheel



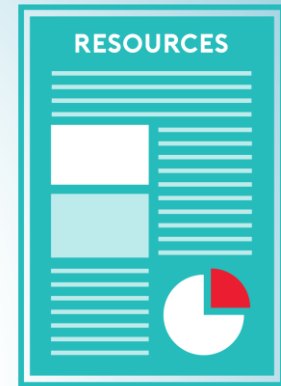
Collaborative Care



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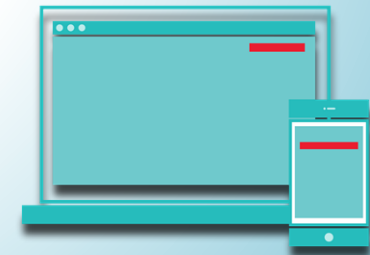
Informational Self-Help

- Apps, books, podcasts, videos



Interactional Self-Help

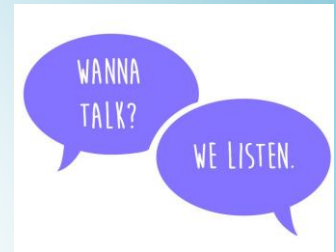
- Mood Gym, TAO



Collaborative Care

Peer Support

- Peer Support Centre



- Nightline



- Sexual Assault Centre of the McGill Students Society (SACOMSS)



Collaborative Care

Direct Access Workshops & Groups

- Workshops
 - Academic Success
 - Exam Anxiety
 - Procrastination
 - Wellness & Life-Skills
 - Perfectionism
 - Social Confidence
 - Mindfulness Based Stress Management
 - Support Groups
 - PhD Group
- SWELL
 - Student Wellness Groups



Collaborative Care Counselling Services

Steps for Students

1. Make an appointment
 - Drop-in, phone, in person
2. Meet 1-on-1 with primary clinician
3. Make a collaborative action plan

Collaborative Care **Psychiatric Services**

Appointment with a Psychiatrist

- Referral required from a GP or a McGill mental health professional

Collaborative Care Safety Appointments

Through Psychiatric Services

- Drop-in hours:
 - Monday - Friday, 11am-1pm
 - Check website for updates

- Risk of harm to self, other, or survivor of recent assault, recent psychiatric hospitalization



StudentCare

- Health & Dental Plan – SSMU & PGSS
- StudentCare covers mental health services
 - Private Therapy
 - EmpowerMe

Self-Care

- Self-awareness (know yourself)
- Mindset
- Mindful
- Exercise
- Social Support



Thank you!