Helping a student in difficulty can be challenging. Help is available if you are concerned for the safety or well-being of a student or yourself.

The Office of the Dean of Students serves as a point of contact in matters of student well-being, worrisome student behaviour, and emergencies or crises involving McGill students on campus or anywhere in the world.

September 2019
For most recent update to this folder, visit mcgill.ca/deanofstudents/staff/helpingstudents
ON-CAMPUS RESOURCES

First Peoples’ House
Support for Indigenous students
514-398-3217
mcgill.ca/fph

International Student Services
514-398-4349
mcgill.ca/internationalstudents

Local Wellness Advisors
mcgill.ca/lwa

McGill Office of Religious and Spiritual Life
514-398-4104
mcgill.ca/morsl

Office for Sexual Violence Response, Support and Education
514-398-3954
mcgill.ca/osvrse

Office for Students With Disabilities
514-398-6009
mcgill.ca/osd

Office of the Ombudsperson
514-398-7059
mcgill.ca/ombudsperson

Peer Support Center
514-398-3782
psc.ssmu.ca

Reporting Harrassment, Discrimination and Sexual Violence
514-398-6419
mcgill.ca/how-to-report

Scholarships and Student Aid Office
514-398-6013
mcgill.ca/studentaid

Sexual Assault Centre of the McGill Students’ Society
514-398-8500
sacomss.org

Student Wellness Hub
514-398-6017
mcgill.ca/wellness-hub

Student Services Fee
For information regarding opting-in to pay for Student Services:
mcgill.ca/studentservices/about-us/fees

COMMUNITY RESOURCES

Sexual Assault Resource Line
514-933-9007 (Montréal)
1-888-933-9007 (Québec)

Suicide Action Montreal
24/7 Phone support to individuals experiencing suicidal thoughts. Also support individuals who are concerned for the safety of others.
1-866-277-3553
suicideactionmontreal.org/en

TAO
Online program to address issues related to anxiety and depression. (McGill student email address required to log in)
taoconnect.org

Tel-Aide
Listening support service
514-935-1101
telaide.org/en

7 Cups
Online support service for emotional distress.
7cups.com

Vent Over Tea
Active listening service pairing people to chat in a local coffee shop.
ventovertea.com/en

CONFIDENTIALITY

The Office of the Dean of Students upholds Quebec privacy legislation, which does not permit any information about a student to be released to any third party, including a member of a student’s family, without the student’s prior written consent. Emergencies may give rise to exception under the provincial law. An emergency is defined as a situation in which a student’s health or well-being is seriously at risk.

*Concept for this document adapted from “Mental Health and Wellbeing,” a document by the University of British Columbia. Version 1.0, September 2016*