Collaborative Care

McGill Counselling Services
Calli Armstrong, PhD
Wellness Wheel

- Spiritual
- Academic
- Career
- Cultural
- Emotional
- Financial
- Physical
- Social
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Support Seeker

- Informational or Interactional Self-Help
- Peer Support
- Workshops & Wellness Groups
- Psychiatric Services
- Safety Appointments
- Counselling Services
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Informational Self-Help
- Apps, books, podcasts, videos

Interactional Self-Help
- Mood Gym, TAO
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Peer Support

• Peer Support Centre

• Nightline

• Sexual Assault Centre of the McGill Students Society (SACOMSS)
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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
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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
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Psychiatric Services

Appointment with a Psychiatrist
• Referral required from a GP or a McGill mental health professional
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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!