



MENTAL HEALTH RESOURCES FOR MEDICAL STUDENTS

- 1) If you find that you are having difficulty coping, in or outside of med, you can always contact the WELL (Wellness Enhanced Lifelong Learning) Office. It is their mandate to provide confidential support and guidance to medical students!

The WELL office, 514 398-5836, thewelloffice@mcgill.ca

All appointments can be made via their website:

www.mcgill.ca/thewelloffice/contactus

- **Career advising:** Elizabeth Lefebvre, 514-398-5557, thewellcareeradvisor@mcgill.ca
 - **Wellness consultations and support:** Pascale Gendreau, pascale.gendreau@mcgill.ca
 - **Academic difficulty/mistreatment:** Dr. Namta Gupta, Assistant Dean, Student Affairs. namta.gupta@mcgill.ca
- 2) McGill University also offers free and confidential mental health and counselling services for all students. This includes help for depression, ADHD, anxiety disorders, eating disorders and much more.
 - **McGill Mental Health:** 514-398-6019/ 514 398-3601, mentalhealth.stuserv@mcgill.ca, Brown Student Services Building suites 4200 and 5500, www.mcgill.ca/mentalhealth
 - **McGill Counselling:** 514-398-3601, counselling.service@mcgill.ca, www.mcgill.ca/counselling/contact
 - **McGill Student Health:** 514-398-6017 Brown Student Services Building, www.mcgill.ca/studenthealth/see-doctor/appointments
 - **Peer Support Centre:** Shatner Building (Students' Society of McGill University SSMU) room 411, www.ssmu.mcgill.ca/psc
 - **McGill Students' Nighline:** 514-398-6246 phone line, 7 days a week, 6pm-3am, <http://ssmu.mcgill.ca/nightline/>
 - 3) The **Quebec Physician Help Program (PAMQ/QPHP)** also offers individual and group support specifically tailored to medical students and professionals. 514-397-0888 (leave a message and a doctor on duty will call back), www.pamq.org/en



4) Seeking help outside of med school and McGill?

- **Suicide Action Montreal:** 24/7 helpline for support, referrals and an ear to anyone experiencing suicidal thoughts, or is worried for a loved one, 1-866-APPELLE (277-3553)
- **TRACOM :** 24/7 crisis helpline, 514-483-3033, www.tracom.ca/home
- **PsyMontreal :** Network of psychologists offering psychotherapy and coaching, 514-337-2473 ext.0, www.psymontreal.com
 - **Did you know?** By paying tuition fees at McGill, you are eligible to up to 80% coverage when consulting a psychologist at PsyMontreal, for up to 500\$ per policy year. More information on: ihaveaplan.ca
- **Ordre des Psychologues du Quebec** has an online search tool that gives you access to psychologists in private practice working in Quebec, 1-800-561-1223, www.ordrepsy.qc.ca/web/ordre-des-psychologues-du-quebec/trouver-de-aide
- **Commission des droits de la personne et des droits de la jeunesse Quebec :** The commission promotes and uploads the principles stated in the Charter of Human Rights and Freedoms, Youth Protection Act and Youth Criminal Justice Act. You can contact them if you encountered discrimination and/or violation of human rights.
360 Saint-Jacques Street 2nd floor (Montreal), 1-800-361-6477 (toll free), plainte@cdpdj.qc.ca, www.cdpdj.qc.ca/fr/commun/coordonnees.asp