

McGill Academic Support

[Stay on track](#) - Program that offers peer 1-on-1 coaching, peer study groups and reflection exercises to McGill students to help keep them organized and motivated throughout the semester.

McGill and External Equity and Discrimination Resources

<https://equitycommissioner.typeform.com/to/nMg32N> - Incident response form, only seen by Equity Commissioners

[EUS Equity Facebook](#) - Important for announcements and applications at the beginning of the year

equity@mcgilleus.ca - email for EUS equity, equity commissioners

[Peer Support Centre at McGill](#) - Provides well-trained student peer supporters, a welcoming space where you can share your experiences and peer supporters that can connect you with resources.

[Equity at McGill](#) - Discover McGill's support services and resources that serve our diverse population of students, faculty & staff.

[OSD](#) - Office for Students with Disabilities, provides support services and reasonable accommodations to students of all levels of study with documented disabilities. Examples: Tutorial services, peer tutoring, and exam accommodations.

[MESC](#) - Provides support services and reasonable accommodations to students of all levels of study with documented disabilities.

[OMR](#) - Office for Mediation and Reporting, used to file a formal report of discrimination, harassment, or sexual violence; learn about policies and processes; or be connected to additional supports.

[Office of the Dean of Students](#) - oversees student rights and responsibilities, academic integrity, academic advising, the student disciplinary process, and student recognition.

[Ombudsperson](#) - offers confidential, informal, independent, and impartial dispute resolution services to all members of the student community by providing information, advice, intervention and referrals.

[The Canadian Race Relations Foundation](#) - Canada's leading agency dedicated to the elimination of racism and all forms of racial discrimination in Canadian society. The Foundation's goal is to facilitate throughout Canada the development, sharing and application of knowledge

and expertise in order to contribute to the elimination of racism and all forms of racial discrimination in Canadian society.

[Anti-Asian Violence Resources](#) - resources that have been gathered to help Asian individuals educate others, take action, donate, and more.

[Walksafe](#) - A volunteer SSMU service that provides free night-time accompaniment for those who feel uncomfortable, or who are unable to walk home alone.

McGill Mental Health Resources

[Student Wellness Hub](#) - All of McGill's health and wellness resources, integrated into a single hub; includes urgent care, self-help, various events and workshops, and more.

[Local Wellness Advisors](#) - Trained mental health clinicians embedded within faculties and services to orient and connect you with the appropriate support resource - on-campus or off-campus - for your unique situation.

[Peer Support Centre at McGill](#) - Provides well-trained student peer supporters, a welcoming space where you can share your experiences and peer supporters that can connect you with resources.

[Nightline](#) - Confidential, anonymous, and non-judgmental listening service run by McGill students.

[EUS Mental Health Committee](#) - A committee dedicated to improving wellness in the engineering student body through events, resources and more.

[Black Emotional and Mental Health Collective](#) - National training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalised communities.

External Mental Health Resources

[My SSP](#) (Telus Student Support) - A mental health counselling service that specialises in student mental health support and provides access to in-person and over-the-phone counselling sessions. Available as an app.

[Crisis Text Line](#) - Text CONNECT to 686868 from anywhere in Canada, any time, about anything.

[CMHA Suicide Prevention Line](#) - Call 1-866-277-3553, anytime, if you are thinking of suicide (call 1-833-456-4566 if outside of Quebec)

[TRACOM Crisis Line](#) - Call (514) 483-3033 for free, confidential crisis intervention services in English and French (dealing with anxiety, distress or suicidal thoughts).

[Dialogue](#) - Virtual health care platform that offers a variety of health services for mental and physical health, including virtual appointments with professionals. Available as an app.

McGill Resources on dealing with assault

[OSVRSE](#) - For confidential, non-judgmental and non-directional support to those who have been impacted by sexual or gender-based violence. Option to book a virtual or in person appointment, ability to request a workshop, and report sexual violence.

[SACOMSS](#) - A volunteer-run organization committed to supporting survivors of sexual assault and their allies through direct support, advocacy, and outreach.

External Resources on dealing with assault

[CVASM](#) - Montreal Sexual Assault Centre, for bilingual support and listening from a trained counsellor, and referrals to medical or legal resources.

[RQCALACS](#) - a non-profit feminist organization that works to provide a better response to women and teenage girls who have been sexually assaulted and to produce tools against sexual violence.

[CAVAC](#) - offer front-line services to any crime victim or witness. Help from CAVACs is available whether the perpetrator of the crime has been identified, apprehended, prosecuted or convicted.

[Agression Sexuel Montreal](#) - The Table de concertation sur les agressions à caractère sexuel de Montréal is an association of regional organizations dedicated to promoting the cause of sexual assault victims.