

McMaster University Wellness Resources

Hamilton, Niagara, and Waterloo, ON

This document is a quick cheat sheet of the various Student Affairs resources available to undergraduate medical students at McMaster University. Rows highlighted in blue are specific to the Niagara Regional Campus, and green rows are specific to the Waterloo Regional Campus. Finally, the following appendix lists resources to support physical, social/relationship, and financial wellness. If you have any questions about the following resources, please contact the Student Affairs Office or visit: <https://www.medportal.ca/ug/student-information/student-affairs>.

STUDENT AFFAIRS CONTACTS

Note: The MD Student Affairs Office at the Hamilton Campus is located in the Health Sciences Building, HSC 3N44 (3rd floor, blue section).

General Contacts	macmdsupport@mcmaster.ca mdprogram.mcmaster.ca/students/student-resources mdprogram.mcmaster.ca/students/student-affairs
Natasja Menezes (Chair of Student Affairs)	menezes@mcmaster.ca
Christina Grant (Director, Student Affairs, Hamilton)	chgrant@mcmaster.ca
Lisa Giles (Wellness Counselor, Hamilton)	lisa.giles@medportal.ca
Kent Robinson (Career Counsellor)	kent.robinson@medportal.ca
Claire Rivlin (Academic Skills Counsellor & Career Consultant)	claire.rivlin@medportal.ca
Jorin Lukings (Director, Student Affairs, Niagara)	lukungjj@mcmaster.ca
Brock University Personal Counselling Service (Booking and drop-in available)	https://brocku.ca/health-wellness-accessibility/personal-counselling-services/
Kathleen Nolan (Director, Student Affairs, Waterloo)	nolank2@mcmaster.ca
Tom Ruttan (Psychologist for personal counselling)	truttan@uwaterloo.ca 519-888-4567 x33121

REASONS TO CONTACT STUDENT AFFAIRS

Note: Anyone on the Student Affairs team can be a first point of contact, and the team refers to each other as needed, so you will be directed to the appropriate staff member even if you are unsure who to first approach.

- **Chair of Student Affairs:** Contact Dr. Menezes if you have questions, concerns, or suggestions regarding Student Affairs services or programming, or other general inquiries.
- **Student Affairs Directors:** Contact the Student Affairs Director at your campus for support and referral to resources regarding any difficulties you may be facing: academic and/or clinical performance, mental and physical health and accommodations, career questions, conflict with a tutor, preceptor, or other person in the program, issues in your personal or home life, or any other concerns that may come up.
- **Career Counsellors:** Contact Kent Robinson or Claire Rivlin to discuss your career questions and challenges, including specialty choice, preparation for clerkship, extracurricular activities, preparing your CV, and preparing for and applying to residency programs.
- **Wellness Counsellor:** Hamilton students can contact Lisa Giles for supportive counselling around any aspects of their life and well-being, including mental health issues, stress and anxiety, low mood and depression, relationship and family concerns, work-life balance, success in the program, and more. No question or issue is too small. NRC students can contact the Brock University Personal Counselling Service, and WRC students can contact Tom Ruttan.
- **Learning Assistance:** Contact Claire Rivlin if you have questions or want to learn more about effective learning strategies including studying, retaining and recalling information, time management, preparing for tutorials, adapting to PBL, reading around cases during clerkship, and entering medical school from a non-science background, among other things.

STUDENT AFFAIRS RESOURCES

Visit <https://macmdstudentresidentaffairs.janeapp.com/> to book any of the following sessions with Student Affairs staff. If you would like to book a **phone/virtual visit**, please email the appropriate staff member after booking your appointment with them.

Note: All the Student Affairs services are confidential, and the office functions at arm's length from the main office. The Student Affairs Office Confidentiality Policy can be found at <https://drive.google.com/open?id=0B0Vupqoy77RlcUk5OHZKR2k5bjNTOWIMOG5vMURuZWRBaTVN>.

Wellness Counselling	Visit: https://macmdstudentresidentaffairs.janeapp.com/
Career Counselling	

Same Day Career Counselling <ul style="list-style-type: none"> open for booking each morning 	
Learning Assistance	
Meetings with your Student Affairs Director	
Student Affairs Events <ul style="list-style-type: none"> Includes Large Group Sessions and Fireside Chats (open group conversations with Student Affairs team members and/or guests) 	
MacMasters <ul style="list-style-type: none"> Mentorship program for first-year MacMed students (pre-clerks) 	https://www.medportal.ca/ug/student-information/student-affairs/mac-masters
Clerk to Clerk <ul style="list-style-type: none"> Mentorship program for second-year MacMed students (entering clerkship) 	https://www.medportal.ca/ug/student-information/student-affairs/clerk-to-clerk

Note: If you are unsure which avenue to approach, click the first aid kit symbol on Medportal (shown below), which will help you navigate to the appropriate resources for varying issues (from addressing a mental or physical health condition, to student mistreatment).



OTHER RESOURCES (ON-CAMPUS)

Student Advisors <ul style="list-style-type: none"> Each student is paired with a physician who acts as a mentor and resource through their three years in medical school 	macmdsupport@mcmaster.ca
McMaster Student Wellness Centre <ul style="list-style-type: none"> Peter George Centre for Living and Learning 210 Students can see a family doctor, get a referral to a psychiatrist, or visit a counsellor Counselling services are offered in both group and private settings Has many additional groups and resources for students 	905-525-9140 ext. 27700 wellness.mcmaster.ca

<ul style="list-style-type: none"> Note: On-campus pharmacy also available. 	
Indigenous Students Health Sciences Office (ISHS) <ul style="list-style-type: none"> Offers supports for Indigenous students at all campuses, in the Faculty of Health Sciences at McMaster Also has a mentorship program for Indigenous students 	https://ishs.mcmaster.ca/ https://ishs.mcmaster.ca/services/mentorship
Brock University Health Services <ul style="list-style-type: none"> Offers both counselling and medical services Counselling services are offered in both group and private settings Note: On-campus pharmacy also available. 	905-688-5550 x3243 https://brocku.ca/health-wellness-accessibility/student-health-services/
Faith and Life Centre <ul style="list-style-type: none"> Offers spaces on Brock University's campus, open to all students, designated for study spaces and religious practices 	https://brocku.ca/faith-and-life-centre/
University of Waterloo Health Services <ul style="list-style-type: none"> Offers both counselling and medical services Monthly wellness events Note: On-campus family medicine clinic also available. 	(519) 888-4096 https://uwaterloo.ca/campus-wellness/health-services

OTHER RESOURCES (OFF-CAMPUS)

Good2Talk (post-secondary student helpline)	1-866-925-5454 https://good2talk.ca/
PARO 24-hour crisis line	1-866-HELP-DOC (1-866-435-7362)
Ontario Mental Health Helpline	1-866-531-2600
Canadian Mental Health Association 24/7 Crisis Team	1-844-437-3247
Distress Centre Hamilton	905-525-8611
COAST Hamilton (24/7 crisis line)	905-972-8338
Emergency First Response Team (EFRT)	905-522-4135 (or dial "88" if using a campus phone)

Physician Health Program through OMA (PHP)	http://php.oma.org/
Assaulted Women's Helpline	http://www.awhl.org/
National Eating Disorder Information Centre	https://nedic.ca/
ConnexOntario Addiction, Mental Health, and Problem Gambling Treatment Services	https://www.connexontario.ca/
Coping with Suicidal Thoughts	https://thelifelinecanada.ca/help/coping-with-suicidal-thoughts/
Centre for Suicide Prevention: Resource Toolkits	https://www.suicideinfo.ca/resources/
Canadian Association for Suicide Prevention (listing of Canadian Crisis Centres)	https://suicideprevention.ca/need-help/
Wellness Together Canada	https://ca.portal.gs/?lang=en-ca
Shoppers DrugMart	(905) 525-9003 1341 Main Street West, Hamilton, ON https://stores.shoppersdrugmart.ca/en/store/1460/
West End Clinic/Urgent Care Centre	905-521-2100 690 Main Street West, Hamilton, ON https://www.hamiltonhealthsciences.ca/about-us/our-organization/our-locations/west-end-clinic-urgent-care-centre/
Ontario Medical Association	General Inquiries: 1-800-268-7215 Physician Health Program: 1-800-851-6606
The College of Physicians and Surgeons of Ontario	http://www.cpso.on.ca/About-Us
COAST Niagara (24/7 crisis line)	1-866-550-5205
Niagara Distress Centre	905-688-3711
West Niagara Crisis Hotline	905-309-3336

Here24Seven Addictions, Mental Health & Crisis Services of Waterloo-Wellington	1-844-437-3247
Shoppers DrugMart	(519) 742-1903 250 King Street West, Kitchener, ON https://stores.shoppersdrugmart.ca/en/store/1087/

Appendix

PHYSICAL WELLNESS (e.g. Fitness)	<ul style="list-style-type: none"> ● David Braley Athletic Centre (DBAC, campus gym) <ul style="list-style-type: none"> ○ Includes the Pulse Fitness Centre ○ Intramurals available ● Goodlife Fitness and YMCA Gyms nearby ● Gravity Rock Climbing Gym ● Cootes Paradise Trails
	<ul style="list-style-type: none"> ● Brock University Gym <ul style="list-style-type: none"> ○ Intramurals available ● GoodLife Fitness nearby ● Moksha Yoga ● World Gym ● Peaks Indoor Rock Climbing Gym ● Bruce Trail on the Niagara Escarpment ● Short Hills Provincial Park
	<ul style="list-style-type: none"> ● Small On-campus Gym ● University of Waterloo Gym <ul style="list-style-type: none"> ○ Intramurals available ● Goodlife Fitness Locations nearby ● Grand River Rocks Climbing Gym ● Waterloo Memorial Recreation Centre
SOCIAL/ RELATIONSHIP WELLNESS (e.g. Campus Activities and Amenities)	<p>McMaster Medicine Interest Groups</p> <ul style="list-style-type: none"> ● Provide lecture series, contact with local physicians, clinical skills sessions, etc., to inform students about various specialties ● Available at all campuses ● http://www.macmedsc.ca/interest-groups.html
	<ul style="list-style-type: none"> ● On-campus medical student lounge with kitchenette, fireplace, 2 TVs with Netflix, couches, etc. ● Nearby waterfalls and nature trails <ul style="list-style-type: none"> ○ http://www.waterfalls.hamilton.ca
	<ul style="list-style-type: none"> ● Medical student lounge with couch, comfy chairs, foosball

	<p>table, TV, and guitar</p> <ul style="list-style-type: none"> Nearby trails along the Niagara escarpment Organized inter-class events throughout the year
	<ul style="list-style-type: none"> On-campus ping pong table, Wii, piano, and basketball net Off campus Kitchener and St. Jacob's market
<p>FINANCIAL WELLNESS</p>	<p>Office of Student Financial Aid and Scholarships</p> <ul style="list-style-type: none"> http://sfas.mcmaster.ca
	<p>McMaster Medical Student Bursary Program</p> <ul style="list-style-type: none"> Ranging from \$3000-\$5000 Apply online in early fall http://mosaic.mcmaster.ca
	<p>McMaster Medical Student Scholarships</p> <ul style="list-style-type: none"> http://mdprogram.mcmaster.ca/students/student-resources
	<p>Meridian and TD</p> <ul style="list-style-type: none"> Offers financial wellness speakers
	<p>MD Financial Management</p> <ul style="list-style-type: none"> Personal financial management consultations https://mdm.ca/what-we-offer
	<p>Mac's Money Centre</p> <ul style="list-style-type: none"> http://money.mcmaster.ca/
	<p>Budgeting Worksheet</p> <ul style="list-style-type: none"> http://mdprogram.mcmaster.ca/students/student-resources