

Mental Health Resources and Services On-campus

Crisis and Distress lines

McMaster Peer Support Line

905-525-9140 x28888

Non-crisis telephone supportive listening helpline and [online chat](#) for McMaster students. Operates 7 days a week from 7pm-1am from September-April. <https://www.msumcmaster.ca/services-directory/41-peer-support-line>

* The service is not available between May to August.

In Person Mental Health Support

Arrive and Thrive Wellness Programming at McMaster (grad students welcome)

Choose from face-to-face mindfulness training, cooperative outdoor adventure, nature hiking, personal or group counselling. <http://campusmentalhealth.ca/project/encouraging-positive-coping-adapting-behaviours/>

Programs available:

- [COG – Cooperative Outdoor Adventure Games](#): Running each Wednesday, 5:30-7pm. Meet in the plaza between Mills and MUSC. Look for our staff and volunteers wearing the Arrive and Thrive t-shirts.
- [WIND – Walk in Nature Days](#): The weekly mindful hike is on a brief hiatus, but will return on a new day and time. Beginning on Thursday, May 5, WIND will happen 4:30-6:30pm! Meet near the entrance to the Ivor Wynne Centre (near the traffic circle just to the east of the front DBAC entrance.
- [Exploring Change](#) – Some graduate student-only classes will be offered. These are for students interested in changing a behaviour – “partying”, procrastination, or perfectionism. Email arriveandthrive@mcmaster.ca and include the behaviour you are interested in changing.
- [Pause](#) – We are now recruiting people for our 1-on-1 session with a trained counsellor, to have an open discussion about the following behaviours – smoking, alcohol use, or a marijuana use.

To register for any of the above programs and to receive updated info about the dates and the programs, email arriveandthrive@mcmaster.ca

Sexual Violence Response Coordinator (at McMaster)

If you're not sure what to do or where to turn, a good starting point is talking with the Sexual Violence Response Coordinator. You can talk with Meaghan about what happened to you. She'll listen and, when you're ready, she'll also give you information about what your options are, how you can find more support and what next steps you might consider taking. <http://svrp.mcmaster.ca/get-support>

Bursary for Students with Disabilities (to cover private counselling)

If you are registered with Student Accessibility Services at McMaster as a student with a disability (such as a mental health concern), you can apply for \$2000 per school year to cover educational costs related to your disability. Many students access this bursary in order to cover private psychology/counselling services. <https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/PRDR013041.html>

To register with SAS: <http://sas.mcmaster.ca/>

McMaster Graduate Student Health Plan

The Grad Student Health Plan covers costs to see a psychologist up to \$50 per visit and \$300 per policy year. http://www.ihaveaplan.ca/rte/en/McMasterUniversity_Health_HealthCoverage_HealthPractitioners

Canada Student Grant for Persons with Permanent Disabilities

Students registered with SAS and eligible for at least \$1 of OSAP, can also automatically receive a \$2000 grant that does not need to be paid back. <https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/PRDR008122.html>

CUPE 3906 Health Spending Account

TAs/RAs in lieu have access to a \$250 spending account every 2 years. <http://cupe3906.org/tas-unit-1/unit-1-benefits/>

GSA Del Pereira Bursary

Bursaries are set at a current value of \$125. The graduate student must demonstrate that the financial support from McMaster is <\$24,500 from all sources (employment, TAship & scholarship) for the academic year September to August. Alternatively, individuals experiencing a period of exceptional financial hardship may also apply. <http://gsa.mcmaster.ca/funding.html#bursary>

Mental Health Resources and Services Off-Campus

Crisis/Distress Lines

Assaulted Women's Helpline

1-866-863-0511 / TTY 1-866-863-7868

24/7 telephone helpline for women in Ontario who have experienced abuse.

<http://www.awhl.org/>

Barrett Centre

905-529-7878

24/7 telephone crisis line, in-person crisis appointments, self-harm groups, short-stay residence.

<http://www.goodshepherdcentres.ca/barrett-centre-for-crisis-support>

Crisis Outreach and Support Team (COAST) Hamilton

905-972-8338

24/7 telephone crisis line and in-person community visits. Partnership between mental health workers and police officers.

<http://coasthamilton.ca/>

Fem'aide

1-877-336-2433

Offre aux femmes d'expression française aux prises avec la violence sexiste, du soutien, des renseignements et de l'aiguillage vers les services appropriés dans leur collectivité 24 heures par jour, sept jours par semaine.

<http://www.femaide.ca/>

Good2Talk

1-866-925-5454

24/7 telephone helpline for post-secondary students in Ontario staffed by healthcare professionals.

<http://www.good2talk.ca/>

Hamilton Interval House 905-387-8881
24/7 telephone helpline for women experiencing violence/abuse.
<https://intervalhousehamilton.org/>

Kids Help Phone 1-800-668-6868
24/7 telephone helpline for Canadian children and youth ages 20 and under staffed by healthcare professionals.
<http://kidshelpphone.ca/Teens/Home.aspx>

Lesbian Gay Bi Trans Youthline 1-800-268-9688
Peer support by/for LGBTQ-identifying or questioning Ontario youth ages 26 and under by telephone, internet chat, email, and text (to 647-694-4275) available Sunday to Friday from 4-9:30pm.
www.youthline.ca

Muslim Women's Helpline 1-888-315-6472
Helpline available from 10am-10pm Ontario time.
<http://315nisa.com/>

Native Women's Centre 1-888-308-6559
24/7 telephone helpline for women who are experiencing crisis in their lives due to family violence, homelessness or conflict with the law.
<http://www.nativewomenscentre.com/>

Salvation Army Crisis Line (24/7) 905-522-1477

Sexual Assault Centre Hamilton and Area 905-525-4162 / TTY 905-525-4592
24/7 helpline for women and men (cis and trans) who have experienced sexual violence and people supporting survivors.
<http://sacha.ca/>

Trans Lifeline 1-877-330-6366
Peer support hotline for transgender and gender non-conforming people experiencing crisis/distress staffed by self-identified trans people.

Online/Text Support

CrazyBoards
www.crazyboards.org

Hamilton Mad Students Collective
www.hamiltonmadstudents.ca
Peer support group for students with personal experiences of mental health concerns, madness, and/or psychiatric systems. Moderates a private, 24/7 discussion listserv where members support each other and hosts in-person peer support meetings and social events in Hamilton and at McMaster.

Icarus Project Message Board
www.theicarusproject.net

Ontario Online & Text Crisis Services

Text 741741 /

www.dcontario.org

Free, confidential online chat and text service available from your computer or mobile device. Operates daily from 2pm-2am.

Progress Place Warm Line

Text 647-557-5882

Non-crisis peer support available from your computer or mobile device by/for consumer/survivors. Operates Friday, Saturday, and Sunday from 8pm-midnight. www.warmline.ca

In-Person Mental Health Supports in Hamilton

Youth Wellness Centre

Offers free assessment (with a nurse), psychiatric consult, OT, counselling, peer support, groups, social programming (book club, arts drop-in, etc.), and referrals to other services for young adults ages 17-25 (including those age 25). Accepts self-referrals through their website. Response time to initial appointment 2-4 weeks. There is a mobile team that can meet students at McMaster on campus/in Westdale. <http://reachouthamilton.ca/>

Youth Wellness Centre's Weekly Open Peer Support Circle is on Thursdays from 3:30-5pm at 38 James Street South 2nd floor (between Main and King right by the McNab bus terminal). All young adults ages 17-25 are welcome to drop-in. No registration required. For questions, contact Joana at 905-870-4721.

Walk-In Counselling at Catholic Family Services (sliding scale)

Offers walk-in counselling on Tuesdays from 12-6:30pm to all residents regardless of faith background. http://www.cfshw.com/?page_id=1384#!walk-in-counselling/eyd5h

Case Management

For those who would like regular (weekly, biweekly, ongoing) support with goal setting, service access, referrals, medication monitoring, counselling, you can apply for case management through a centralized intake process. The intake person would request any previous health records you have and would connect you with the most appropriate case management provider in the city to meet your needs. Requires having a formal mental health diagnosis. <http://www.mentalhealthhelpline.ca/Directory/Program/10040>

Mental Health Groups at the North Hamilton Community Health Centre

The following free groups are for adults in Hamilton who are ready to learn tools to self-manage their mental health in the following areas:

- Break Free: Open to everyone interested in self-managing their anxiety and chronic worrying in a relaxed, community atmosphere.
- Mind over Body: Open to all who experience chronic pain. A holistic group to help designed to help self-manage pain lasting 3 or more months.
- Mind over Mood: Open to all who experience mild to moderate depression and low mood. A 12 week group to teach tools to self-manage.
- Freedom to Be—Mindfulness: Open to everyone interested in stress-free living, especially those struggling with depression or anxiety. Weekly for 5 weeks.
- Everyday is a Gift (EDIAG): Meets 2nd/4th Friday of each month from 9-11am. A group of people that support one another in their self-management of mental wellness

Further info at <http://www.nhchc.ca/userfiles/06-2016.pdf>

Mental Health Groups at Urban Core Community Health Centre

Includes a men's group, anger management, self-esteem programs.

<http://www.hucchc.com/programs.html>

Barrett Centre's Beyond Self-Harm Group

Barrett Centre runs a free weekly group session to support people who experience challenges with self-harming behaviour to find other options. Please call us for more information on this 10-week program.

<http://www.goodshepherdcentres.ca/barrett-centre-for-crisis-support>

Masterminds (free drop-in DBT)

Mondays from 2-3pm in the Jackson Square Conference Centre.

Directions: Enter Jackson Square from the Bay St /King entrance and then take the stairs/escalator up to the plaza on the 2nd floor. The Conference Centre is up there. Everyone is welcome, just show up.

Facilitated by Alcohol Drug and Gambling Services, St. Joe's, and Good Shepherd. Contact Jen or Janette at [905-525-7884](tel:905-525-7884) or jandrews@gsch.ca with questions.

Hamilton; Burlington Family Health Team

If you are/become a patient of a Family Health Team GP, you can access free social work services (counselling, mental health groups).

Hamilton: <https://www.hamiltonfht.ca/en/index.aspx>

Burlington: <http://www.burlingtonfht.com/>

St. Joseph's Healthcare Hamilton

Offers a wide range of psychiatric/mental health services – most require a referral from a physician and have a waiting list. They also operate 24/7 psychiatric emergency services. <http://www.stjoes.ca/hospital-services/mental-health-addiction-services>

Hamilton Regional Indian Centre and the Aboriginal Health Centre

Both offer many healing and wellness programs.

<http://www.hric.ca/programs.php>

<http://aboriginalhealthcentre.com/>

Centre de santé communautaire Hamilton (Francophone Health Centre)

Offers mental health supports. <http://www.cschn.ca/>

Mental Health Rights Coalition (drop-in peer support, can be matched to a peer supporter for ongoing support)

Open Monday to Friday from 11am-4pm at 20 Emerald Street South in downtown Hamilton.

www.mentalhealthrights.ca

Mood Menders Support Services

Peer support meetings for people with lived experience of mental health concerns as well as family/friends/supporters. Held weekly on Tuesdays in multiple locations across Hamilton.

<http://moodmenders.ca/>

Spiritual Companionship through Open Circle (on campus)

Open Circle's resource staff are available for free spiritual companionship, an opportunity to take regular time out of your daily pace for reflective space and conversation. A spiritual companion is someone who

listens in a supportive and resourceful way, acting as a sounding board as you discover your own truth and sift through your experiences to find meaning. <https://opencircle.mcmaster.ca/spiritual-companionship>.

Open Circle also offers a variety of reflection circles: <https://opencircle.mcmaster.ca/reflection-circles>.

Chaplaincy/Pastoral Care (at McMaster)

Confidential conversations and support. <http://www.mcmaster.ca/chaplain/index-1.html>

St. Dymphna Ministry Support Group

All individuals afflicted with nervous disorders and mental afflictions are welcome to attend this mutually supportive faith based support group. Meets on the second Saturday of the month after the 5pm mass from 6-8pm at St Patrick's Parish of Hamilton at Victoria & King St. East.

Alternatives for Youth

Alcohol and drug related services for young people ages 12-22 and their families. <http://ayhamilton.ca/>

Alcohol Drug and Gambling Services

Individual counselling and group programs (including a group for people with both mental health and addiction concerns). <https://www.hamilton.ca/public-health/clinics-services/alcohol-drug-gambling-services>

Alcoholics Anonymous

Hamilton hosts many AA meetings across the city every day of the week.

<http://aahamilton.org/v3/index.php/a-a-meetings/meeting-list-view>

For additional info about peer support groups across Hamilton (related to eating distress, overeating, food addiction, gambling, debt, grief, narcotics , hoarding), **visit the bottom of this resource list**

<http://www.hamiltonmadstudents.ca/crisis>.

Women's Centre of Hamilton

The Women's Centre offers free individual counselling, support groups, peer support, and advocacy.

<https://intervalhousehamilton.org/womenscentre>

Sexual Assault Centre Hamilton and Area (SACHA) (counselling related to experiences of sexual violence)

Free individual and group counselling. <http://sacha.ca/our-services>. Specific groups for male survivors of sexual violence.

Consumer/Survivor Support Lines

Mental Health Rights Coalition

905-545-2525

Drop-in and telephone peer support by/for consumer/survivors of the mental health system. Open Monday to Friday from 11am-4pm at 20 Emerald Street South in downtown Hamilton.

www.mentalhealthrights.ca

Krasman Centre Crisis Line

1-888-777-0979

24/7 crisis and warm-line telephone peer support by/for consumer/survivors.

<http://krasmancentre.com/>

Mood Disorders Association of Ontario Support Line

1-888-486-8236

Non-crisis telephone peer support and resource information by/for consumer/survivors. Operates Monday to Friday from 9:30am-5pm.

<https://www.mooddisorders.ca/>

Northern Initiative for Social Action Warm Line

1-866-856-9276

Non-crisis telephone peer support by/for consumer/survivors. Operates daily from 6pm-midnight.

<http://nisa.on.ca/>

Progress Place Warm Line

416-960-WARM

Non-crisis telephone peer support by/for consumer/survivors. Operates daily from 8pm-midnight.

<http://www.progressplace.org/static/community.htm>

Psychiatric Survivors Network of Elgin Warm Line

1-888-631-1919

Non-crisis telephone peer support by/for consumer/survivors. Operates daily from 6pm-midnight.

<http://www.psne.ca/>