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# Medical:

1. Student Wellness Centre:

* PGCLL 210/201​
* (905) 525-9140 ext. 27700​
* wellness@mcmaster.ca​
* What they offer​:
  + Medical appointments​
  + Counselling​
  + Prescriptions​

1. SWELL​:

* PGCLL 201​
* [wellness@mcmaster.ca](mailto:wellness@mcmaster.ca)​
* What they offer​:
  + SAD lightbox​
  + Crafting material​
  + Pamphlets and resources​
  + Educational programming​

# Academic

1. Student Accessibility Services (SAS):

* MUSC B107
* (905) 525 - 9140 ext 29652
* [sas@mcmaster.ca](mailto:sas@mcmaster.ca)
* What they offer:
  + Academic accommodations
  + Academic workshops
  + Peer mentorship
  + Social events

1. Faculty Offices:

* Contact varies by faculty (easily google-able)
* What they offer:
  + MSAF
  + Exam deferral
  + Petitions for special considerations
  + Appeals

# Other:

1. Registrar's Office:

* GH 108
* (905) 525 - 9140 ext 24796
* [registrar@mcmaster.ca](mailto:registrar@mcmaster.ca)
* What they offer:
  + RISO forms
  + Aids & Awards
  + Records

1. Equity and Inclusion Office

* UH 104
* (905) 525 - 9140 ext 27581
* [equity@mcmaster.ca](mailto:equity@mcmaster.ca)
* What they offer:
  + Accessibility specialist
  + Human rights complaints
  + Sexual violence prevention and response - [link](https://svpro.mcmaster.ca/app/uploads/2020/11/Gold-Folder.pdf)

1. Student Success Centre:

* GH 110
* (905) 525 - 9140 ext 24254
* [studentsuccess@mcmaster.ca](mailto:studentsuccess@mcmaster.ca)
* What they offer:
  + CAPS program
  + Workshops
  + Academic support
  + Money coaching
  + Alumni career support

# MSU:

1. SHEC

* MUSC 202
* (905) 525 - 9140 ext 22041
* [shec@msu.mcmaster.ca](mailto:shec@msu.mcmaster.ca)
* What they offer:
  + Pregnancy testing
  + Sexual health lending library
  + Sexual health, menstural, and gender affirming products

1. Women & Gender Equity Network

* MUSC 204
* [wgen@msu.mcmaster.ca](mailto:wgen@msu.mcmaster.ca)
* What they offer:
  + Peer support
  + Gender affirming products
  + Events for women, trans people, all survivors of sexual assault

1. Pride Community Centre

* MUSC 221
* (905) 525 - 9140 ext 27397
* [pride@msu.mcmaster.ca](mailto:pride@msu.mcmaster.ca)
* What they offer:
  + Peer support
  + Programming for 2SLGBTQ+ folks
  + Gender affirming products
  + Mac Pride Week

1. Diversity + Equity Network (DEN)

* [diversity@msu.mcmaster.ca](mailto:diversity@msu.mcmaster.ca)
* What they offer:
  + Community groups
  + Events about race, religion, ethnicity
  + Resource guides

1. Food Collective Centre

* linktr.ee/Fccpromo
* What they offer:
  + Food bank
  + Cheap produce - Good Food Box
  + Free grocery gift cards
  + Cooking workshops

# Off Campus Resources

1. COAST

* (905) - 972 - 8338
* 1 - 844 - 972 - 8338
* What they offer:
  + 24/7 Crisis line
  + Works with St.Joseph’s Hospital
  + **WARNING:** the COAST response team includes members of the Hamilton Police. Although this resource can be helpful for some people, we ask that you do not call COAST for someone else without their understanding and agreement. Police involvement could be harmful and distressing, especially for disabled, d/Deaf, metnally ill, 2ST LGBTQIIA+, or BIPOC/racialized communities.

1. Good2Talk:

* 1 - 826 - 925 - 5454
* Text GOOD2TALKON to 686868
* <https://good2talk.ca/contact/>
* What they offer:
  + Confidentiality helpline
  + Info and referrals for mental health and addiction

1. Barrett Centre

* (905) - 529 - 4343
* 1 - 844 - 777 - 3571
* What they offer:
  + Crisis telephone line
  + In-person crisis counselling
  + Short-term crisis bed stay
  + Group counselling
  + Peer support

1. Krasman Centre

* 1 - 888 - 780 - 0724
* 1 - 888 - 233 - 5633
* <https://krasmancentre.com/contact/>
* What they offer:
  + 24/7 crisis and warm-line
  + Safer Use Support Line
  + Peer support
  + Live chat through website

1. SACHA

* 75 MacNab St.South, 3rd Floor
* (905) - 525 - 4573
* <https://sacha.ca/contact>
* What they offer:
  + 24/7 support line
  + Counselling
  + Outreach program
  + Public education

1. Youth Wellness Centre

* 38 James St. S
* (905) 522 - 1155 ext. 31725
* Email: [YWCIntake@stjoes.ca](mailto:YWCIntake@stjoes.ca)
* <https://reachouthamilton.ca/>
* What they offer:
  + Assessments
  + Peer support
  + Family support
  + Psych consultations
  + Therapy - group, 1:1, drop-in

1. Mental Health Rights Coalition

* 100 Main St. E #103
* (905) - 545 - 2525
* Email: [info@mentalhealthrights.ca](mailto:info@mentalhealthrights.ca)
* What they offer:
  + Run by/for people with lived experience
  + Peer support
  + Drop-in centre
  + Advocacy

# Identity-Specific Support

1. De dwa da dehs nye>s (Aboriginal Health Centre)

* 678 Main Street East
* (905) 544 4320
* <https://aboriginalhealthcentre.com/>
* What they offer:
  + Healthcare
  + Mental health services
  + Traditional healing and counselling
  + Indigenous housing services
  + Advocacy and outreach

1. Hope for Wellness Helpline:

* 1 - 855 - 242 - 3310
* <https://www.hopeforwellness.ca/>
* What they offer:
  + 24/7 helpline
  + Online chat
  + Help finding other supports
  + Contact available in English, French, Cree, Ojibway, Inuktitut
  + **This resource is for Indigenous folks**

1. Fem’aide

* 1 - 877 - 336 - 2433
* <https://femaide.ca/nous-joindre>
* Email: [Info@Femaide.Ca](mailto:Info@Femaide.Ca)
* What they offer:
  + 24/7 gender-based violence hotline
  + Information and referrals
  + All services in French
  + **This resource if for French speaking women**

1. Speqtrum:

* 75 MacNab Street South
* <https://www.speqtrum.ca/contact>
* Email: [info@speqtrum.ca](mailto:info@speqtrum.ca)
* What they offer:
  + Online 1:1 peer support
  + Community building opportunities
  + Workshops
  + This resource is for 2SLGBTQ+ youth

1. LGBT Youth Line

* (416) - 962 - 2232
* 1 - 888 - 687 - 9688
* [https://www.youthline.ca/who-we-are/contact-us/#](https://www.youthline.ca/who-we-are/contact-us/)
* Email: [helpline@youthline.ca](mailto:helpline@youthline.ca)
* What they offer:
  + Peer support
  + Phone, text, email, online chat
  + Resources
  + **This resource is for 2SLGBTQ+** **youth**

1. Trans Lifeline:

* (877) 330 6366
* <https://translifeline.org/contact/>
* What they offer:
  + Peer support hotline
  + Microgrants
  + No nonconsensual calling of 911 or police
  + **This resource is for trans and nonbinary people**

# Maccess

1. Physical aids and resources (can sign out for use)
   1. Two-in-one walker/wheelchair
   2. Walk-assisting cane
2. Peer support
   1. In Person on Mon, Wed, Fri: 12 PM - 4 PM (MUSC B111)
   2. Discord on Tues, Thurs: 12 PM - 4 PM

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