

Contact Information

Dr Namta Gupta - Assistant Dean, Student Affairs

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Susan Begg – The Well Office Administrative Coordinator

– thewelloffice@mcgill.ca

CFMS contact person: Vanessa Tabry (class of 2020), VP Advocacy, Student Wellness Committee –

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VP Wellness of the Student Wellness Committee : Siwen

Jin (class of 2020) – siwen.jin@mail.mcgill.ca

The **WELL Office** offers services for Undergraduate Medical Education and Dentistry, including academic support, and wellness support such as counselling, workshops and support groups.

In-house wellness consultants:

Camila Velez, M.A. (counselling psychologist), daytime appointments Med 1-4 and evening for Med 1-2 students

Amanda Hankins, MSW (social worker), evening appointments Med 3-4, Post-graduate students.

Contact them [here](#).

If you have been **mistreated** in the context of your medical studies at McGill University, you can report it in a confidential manner. Visit [this website](#) for more information and a FAQ section.

In case of a **personal emergency or crisis**, the WELL Office accepts drop-ins until 8pm (Meredith Annex, 3708 Peel Street, Montreal). After hours, refer to [this list](#) for a comprehensive list of available services.



Physical Health and Fitness

McGill Student Health Services: located in the Brown Student Services Building, West wing, 3600 McTavish Street, room 3300. To make an appointment, call (514) 398-6017. The Walk-in clinic is open for urgent care Monday to Friday, 8:30-4:30. The spots fill up very quickly – we recommend that you get to the clinic and wait in line at 7:30 am or earlier.

For a list of **off-campus clinics and services**, please click [here](#).

PLACES TO WORK OUT NEAR CAMPUS

- McGill's Athletics and Recreation Centre – corner Pine & Durocher – free Pool and track access, affordable dance and fitness classes, and just 35\$ a semester for the fitness room
- [Spin bike gardens](#) – Including McIntyre 6th Floor library
- SpinÉnergie - 3483 Ave du Parc
- Mont-Royal trails – access via Pine Ave.
- Enso Hot Yoga – 1470 Peel St.
- Moksha Yoga - 3863 Boul. St-Laurent

VISIT EXERCISE IS MEDICINE CANADA @MCGILL'S

Facebook page for upcoming events:

<https://www.facebook.com/eimcmcgill>

In case of **Accidental Exposure** to body fluids, visit [this page](#) for a detailed explanation of the procedure to follow.

"Live neither in the past nor in the future, but let each day absorb all your interest, energy and enthusiasm. The best preparation for tomorrow is to live today superbly well." – Sir William Osler

Financial Aid

- 1) The University offers a program of In-Course Financial Aid to full-time undergraduate and graduate degree students on the basis of financial need. For more information: <http://www.mcgill.ca/studentaid/>.
- 2) Bursaries are available to help students carry out research project during their medical studies. Visit <http://www.mcgill.ca/medresearch/students-postdocs/undergraduate/bursary> for more information.
- 3) The Government of Québec offers Student Loans and Bursaries to Quebec residents. Visit <http://www.afe.gouv.qc.ca/en/> for more information.
- 4) Please refer to the Student and Resident Affairs website for tips and additional resources on money matters: <http://www.mcgill.ca/medwell/yourwellness/financial>.



Don't hesitate to contact your reps from the Student Wellness Committee –we will chat with you confidentially and want to hear your concerns and ideas.

Mental, Emotional and Spiritual Wellness – McGill-wide

McGill Counselling Service

Weekly workshops, Counselling or Clinical Psychologist, or Psychiatrist at Brown Student Services Building, West Wing, 3600 McTavish, suite 5500. Visit <http://mcgill.ca/counselling/>
Open Monday – Friday, 9am - 4 pm. Make an appointment in person, or call (514) 398-3601.

McGill Office of Religious and Spiritual life.

morsl@mcgill.ca, or call: 514-845-1311. They offer a meditation and room and quiet lounge space, Monday - Friday, 10am - 4pm in the Brown Building. Visit <https://www.mcgill.ca/morsl/morsl-programs-and-resources> for more details.

For any issue or question addressing **Sexual assault**, please refer to:
<https://www.mcgill.ca/osvrse/our-services>

Career Planning, Academic Support, and Accommodations

The WELL Office has its very own full-time career advisor. Her name is **Elizabeth Lefebvre** and can be reached easily by email at careeradvisor.med@mcgill.ca or by phone at (514) 398-5557. Her office is located at the Meredith Annex, 3708 Peel Street, Montreal.

For any accommodation-related issue, you can seek the help and advice of **Dr Namta Gupta**, Assistant Dean of Student Affairs. She can be reached [here](#). She may refer you to the Office for Students with Disabilities, which you can discover [here](#).

For any academic concern, you can contact **Dr Beth-Ann Cummings**, associate Dean of Medical Education and Student Affairs, [here](#).

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You can email these administrators @mcgill.ca:

FMD 1 – Anna Lee: fmd.med

FMD 2 and TCP – Devon Malcolm: tcp.med and fmd2.med

Core and senior clerkship – Nicole Guedon: clinicaladmin.med

PLACES TO STUDY

McGill University has a very vast network of **libraries**. A complete list is available [here](#). Medical students often like the extended hours at McLennan Library, the ideal ambiance at the Law Library and the convenience of the 2nd and 3rd floors at the McIntyre Medical Building.

Each **hospital** also has a library that you can access as a medical student. Ask your site coordinators for library location and Wifi access codes.

The **McGill Medicine library website** can be accessed [here](#). All resources can be accessed while on campus or with McGill's VPN. McGill students get free access to DynaMed and UpToDate, among others.

The Faculty's liaison librarian is **Ms Nazi Torabi** and can be reached [here](#). She is extremely knowledgeable - do not hesitate to reach her with any question.

FOOD

McGill University is in the heart of **downtown Montreal**. Places to eat and shop are abundant. [Here](#) is a short list of the closest restaurant options.

Whether you live in residence or not, you can also pay to access the **Dining Halls**. More info [here](#).

McIntyre Medical Building is rather isolated, but students enjoy the 5th floor cafeteria, the **Second Cup** in the neighboring Stewart Biology building and the **Thomson House** restaurant and graduate student lounge, which medical students can access on presentation of their student card.

When in **clerkship**, make sure to ask your site coordinators if students receive coupons or 'call cards' for free cafeteria meals during that rotation!

ONE LAST THING...

The **QPHP – Quebec Physicians' Health Program** is a confidential health program designed to help physicians, residents and students that experience difficulties. The program is bilingual and can be reached by email: info@pamq.org or by phone: (514) 397-0888 or 1 800 387-4166. The program is open from 9 am to 4:45 pm, but an on-call physician is available at those same phone numbers after working hours and on weekends.

Extras!

McGill's SPCI Committee put tremendous work into creating fabulous Clerkship and CaRMS Guides. You can go download your own copies on the MSS Gateway under 'Education'

Useful [link](#) to the **MSS Gateway**, packed with info on clubs and interest groups, and survival guides for every step of your medical education.

Check the [MSW page](#), through the MSS portal, for blog posts for tips and updates on our yearly activities.

Where to eat



QUEBEC
PHYSICIANS'
HEALTH
PROGRAM

Don't hesitate to ask for help!