

No-Fee Counselling and Wellness Program Options for Graduate Students

On-Campus Counselling

Primary Health Care

Student Wellness Centre Clinic

MUSC B101

Medical assessment and treatment of illness or injury can include a mental health appointment with a physician. Graduate students are eligible for this. Make an appointment by calling ext. 27700. Bring your health card and your student card to your appointment.

Off-Campus Counselling

1. Join a Family Health Team*

*Note that this option requires the student to change their family doctor. A list of Hamilton Family Health Teams accepting new patients is available online. [Select the appropriate field and view search results.](#)

Students exploring this option can enquire about wait times and if there is a limit on the number of mental health sessions.

2. Youth Wellness Centre (FOR AGES 17-25)

38 James Street South

- Mental health support
- Peer mentoring
- LGBTQ support
- Substance use counselling
- Family support

3. Catholic Family Services

Located at 201 - 447 Main St. E.

Free Walk-In Counselling Clinic for anyone in the community

Runs every Tuesday from 12 to 6:30 p.m.

The Walk-In Counselling Clinic provides drop-in support for immediate issues. First-come, first serve basis.

Appointments are not necessary.

4. Sexual Assault Centre of Hamilton and Area (SACHA)

24-Hour Support Line 905-525-4162

- Counselling and advocacy
- 24-hour support line for adults who have experienced sexual violence at any point in their lives, or those who support survivors.

Wellness Programs

1. Personal Discovery Course for Graduate Students

A course on values, goals, and living fully engaged

Self-development series free from cost, stress, and research. Explore personal values: Who am I? What gives my life meaning? Where do I want to go? What do I want to get out of my life, look back and be glad that I did it?

How can I make a difference? Create your own life mission statement. Course will include four 1.5 hour workshops with interactive group exercises, community support of other graduate students, Personal Discovery coach (at least one meeting with staff coach), and personal reflection exercises for every session.

Personal Discovery Course explores the following in relation to the questions:

What are my values and principles that I wish to live by?

How do I integrate these into my life and school?

How do I care for myself?

How can I keep a long-term perspective?,

How can money help or hinder me in my life mission?

2. Arrive and Thrive

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

McMaster's Arrive and Thrive wellness programming for undergrad and graduate students. Choose from face-to-face mindfulness training, cooperative outdoor adventure, nature hiking, personal or group counselling. This is a pilot program funded by the Ontario government.

For more information or to register, email arriveandthrive@mcmaster.ca

3. Grad Wellness Initiative (GWI)

Connect with other graduate students through wellness workshops. Learn to manage the rigour of graduate school with a healthy lifestyle.

Other Supports and Services

Chaplaincy Centre

MUSC 231 , Ext. 24207

Pastoral support with personal counselling and bereavement support groups.

Email: chaplain@mcmaster.ca