Student Wellness Centre

Medical, Counselling & Health Promotion services

@McMasterSWC

wellness.mcmaster.ca
Medical Services

Services provided are similar to those provided by your family doctors such as:

- Treatment of minor illness & injury
- Immunizations & screening
- Dressing changes & wound care
- Birth control options
- Screening for STI
- Naturopathy
- & More!

To book an appointment with our health care team, please call reception at 905-525-9140 ext. 27700. Have your health card ready!
Counselling services are offered to all students at no additional cost. You can speak to a counsellor by booking a 20-minute consultation appointment to discuss what options are available to you. Services include:

- One-on-one counselling
- Group counselling
- Workshops/ group programs
- &more

To book an appointment call reception at 905-525-9140 x 27700.
Health Promotion

The Health Promotion team offers a variety of programs, events and campaigns to support students with a range of health concerns. Our team of student Peer Educators offer a range of initiatives for undergraduate and graduate students. Our Health Promotion programming focuses on the 6 pillars of:

- Mental Health
- Sexual Health
- Substance Abuse
- Active Living
- Food Literacy
- Graduate Wellness

You can learn more about SWC campaigns and programming on our website under the programs page.
Eligibility & Online Access

Undergraduate & graduate students

• Individual Appointments (medical or counselling) are only available to students within Ontario
• If you are out of province, please check with your counsellor if you are eligible for services
• Group Programs & events are available to all students
• For more information about eligibility visit this accessibility page.

Navigating Virtual Appointments
You can learn more about how virtual appointments are held at the SWC on this FAQ page.
Mental Health Resources

**Good2Talk**: Free, confidential service providing professional counselling and information and referrals for mental health, addictions and well-being.

**Real Campus (Undergraduate Students)**: Free 24/7 support focused on the main service of psychological counseling and academic-life services. Undergraduate students.

**Empower Me (Graduate Students)**: 24/7 accessible counselling services to empower you to thrive!

For more information regarding resources and support, visit our [The Student Wellness Centre Website](#).