



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

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 .

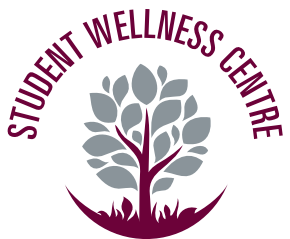


Health Promotion

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](#).

