

6349 Ways to Care Toolkit



6349

Ways
to
Care



6349 Ways to Care

6349 represents the approximate number of students embarking on their journey at McMaster. It reflects the number of individuals arriving to find community in a new place. 6349 also symbolizes the countless ways we support and care for ourselves and each other within the McMaster community.

The campaign encourages a collective exchange of ideas and reflections on what a caring community looks like on campus. It aims to highlight how we take care of ourselves and others at McMaster, and serves as a reminder that self-care and community care are essential parts of university life.

6349 Ways to Care offers an opportunity for reflection and idea-sharing that can support you throughout your journey at McMaster. Our wellness is influenced by the people, systems, and environment around us, and how we maintain our well-being will look different for each of us at various times. In this booklet, we are sharing a few ideas to continue the conversation on these topics, both individually and collectively.



How to Participate

6349 Ways to Care is a collective exchange of ideas and reflections on how we take care of ourselves and each other at McMaster. It serves as both a reminder and an invitation to stay attuned to your self-care needs and to work together in creating a caring community on campus.

1. Check out what other students, staff, and faculty have shared.
2. Answer one of the prompts to share one way you take care of yourself or how you can help in shaping a caring community at McMaster.

[Click here to visit the 6349 Ways to Care Padlet](#)

Reflection Questions

- What are some of your coping strategies for stress?
- What hobbies or interests add value or joy to your day?
- What words of comfort do you find most helpful during tough times?
- What is a way a friend has helped you out that made you feel cared for?
- Where do you go for support?
- What makes you feel supported?



6349 Ways to Care: A Guide to Self-Care and Community Support

This guide provides practical advice for university students on maintaining their well-being and fostering a supportive community. Learn essential self-care tips, discover ways to contribute to a caring campus environment, and explore strategies for reaching out and providing support. Whether you are navigating personal challenges or looking to help others, this article offers valuable insights to enhance your university experience. Click the link to explore ways to build resilience, empathy, and mutual support during your time at McMaster.

[Click here to read more of our article](#)





Resources

Finding the right professional or peer support services can feel overwhelming. Here are a few things to consider when you are looking for services to help you get started:

- Hours of operation, appointment availability, location (physical or online), eligibility for services.
- What type of support you need (peer support, mental health professional, spiritual/religious support, medical/psychiatry).
- How the organization operates (what policies exist and who is affiliated with the service).
- Cost (most of these services are available at no cost, unless otherwise specified).

Disclaimer

We recognize that barriers to accessibility and health equity may be interconnected with the use of these services. Learn more about each service to determine which one best fits your needs. Some resources listed may operate outside of McMaster. When accessing any resource for yourself or another person, external services, such as police, security, or emergency services, may be involved in situations where there is an imminent risk of harm to self or others.

Resource List

McMaster, McMaster Student Union & Student Support Services

Black Student Success Centre

- blackstudentsuccess.mcmaster.ca
- bss@mcmaster.ca
- PGCLL M07
- Provides specialized services dedicated to the academic, personal, and professional development of Black-identifying students.

David Braley Sport Medicine and Rehabilitation

- **905-525-9140 x23575**
- rec.mcmaster.ca/programs/david-braley-sport-medicine-rehabilitation-centre
- DBAC
- Offers a wide variety of physician, sport medicine, and rehabilitation services
- Some fees may apply; coverage is available through the student health & dental plan.

Equity and Inclusion Office

- **905-525-9140 x 27581**
- equity.mcmaster.ca
- UH 104
- Information, guidance, and education on accessibility, equity, and human rights related issues.

Food Collective Centre

- msumcmaster.ca/service/fcc
- fcc@msu.mcmaster.ca
- MSU Hub, 3rd Floor
- On-campus food bank and food security resource.

Indigenous Student Health Services

- indigservices.mcmaster.ca
- indigssa@mcmaster.ca
- LR Wilson 1811
- Support for First Nations, Inuit, and Metis students.

International and Exchange Student Experience

- studentsuccess.mcmaster.ca
- iese@mcmaster.ca
- MUSC B118
- Services for international, exchange, newcomers as well as internationally minded students.

Office of Student Financial Aid

- **905-525-9140 x 24319**
- registrar.mcmaster.ca/financial-aid
- sfas@mcmaster.ca
- GH 108
- Information about OSAP, scholarships, bursaries, work programs, and more.

Ombuds Office

- **905-525-9140 x 24151**
- ombuds.mcmaster.ca
- ombuds@mcmaster.ca
- MUSC 210/211
- Confidential, impartial and independent advice and assistance on student-related issues.

Open Circle

- opencircle.mcmaster.ca
- open@mcmaster.ca
- Personal and spiritual reflection, community service, and leadership development.

Sexual Violence Prevention Response Office

- **905-525-9140 x 20909**
- svpro.mcmaster.ca
- svpro@mcmaster.ca
- UH 104
- Support, disclosures, academic accommodations, and education on sexual violence prevention and response.

Student Wellness Centre (SWC)

- **905-525-9140 x 27700**
- wellness.mcmaster.ca
- wellness@mcmaster.ca
- PGCLL 201/210
- Medical services, counselling, and health promotion programming.

Spiritual Care and Learning Centre

- studentsuccess.mcmaster.ca/spiritual-care/sclc-leaders
- sclc@mcmaster.ca
- MUSC 212
- Guidance, support, or community related to spiritual care. The SCLC leaders are here to help!

Student Accessibility Services (SAS)

- **905-525-9140 x 28652**
- sas.mcmaster.ca
- MUSC B101
- Supports students with disabilities through academic accommodations and related supports at McMaster.



Peer Support Services

LGBT Youth Line

- youthline.ca
- Text line: **647-694-4275**
- Youth Line provides services for youth, by youth, affirming the experiences of lesbian, gay, bisexual, transsexual, transgender, 2-spirited, queer, and questioning youth in Ontario.

Maccess

- msumcmaster.ca/maccess
- maccess@msu.mcmaster.ca
- MUSC B111
- Maccess is a peer support, advocacy, and community centre for students experiencing disability, chronic illness, mental health concerns, or inaccessibility. It offers one-on-one peer support, weekly support groups, and a digital drop-in community space.

Pride Community Centre (PCC)

- msumcmaster.ca/service/pcc/
- pride@msu.mcmaster.ca
- MUSC 211
- A peer support service run by 2STLGBQIA+ students which advocates for queer, trans and two-spirit students on campus by offering educational programming, events, and social awareness campaigns. The PCC provides peer support, check-ins, weekly community groups and resources of interest to the community

Student Health Education Centre (SHEC)

- msumcmaster.ca/shec
- shec@msu.mcmaster.ca
- MUSC 202
- Student engagement on health-related issues through peer support, events, and campaigns.

Togetherall

- togetherall.com/en-ca
- An online mental health peer support community and wellbeing service to anyone 16+ in Ontario.

Trans Lifeline

- **877-330-6366**
- translifeline.org/hotline
- A peer support service run by trans people, for trans, and questioning callers.

Women and Gender Equity Network (WGEN)

- msumcmaster.ca/wgen
- wgen@msu.mcmaster.ca
- MUSC 204
- A peer-support-driven service offering a safe(r) space for women, anyone who identifies as trans, those who identify outside the gender binary, and all survivors of sexual violence. We offer regular drop-in peer support groups, free resources such as gender-affirming gear, and educational and social events.

Support Lines

Crisis Outreach and Support Team (COAST)

- **905-972-8338**
- Toll Free: **1-844-972-8338**
- coasthamilton.ca
- A mobile team, consisting of mental health workers and police officers, responds to crisis calls. Phone lines open 24/7, and the mobile response team operates from 8am to 4am.

Sexual Assault Centre Hamilton and Area (SACHA)

- sacha.ca
- 24-hour line: **905-525-4161**
- Office line: **905-525-4573**
- Support for anyone 16+ who has experienced sexual violence at any point in their lives.

Suicide Crisis Helpline

- Support for anyone with thoughts of suicide or for people who are worried about someone.
- 24-Hour Crisis Line: Call or text **9-8-8**, from anywhere in Canada.

Good2Talk

- **1-866-925-5454**
- good2talk.ca
- Professional counselling, information, and referrals for mental health, addictions, and well-being for post-secondary students in Ontario.

Barrett Centre for Crisis Support

- 24-Hour Crisis Line: **905-529-7878**
- Toll-Free: **1-844-777-3571**
- goodshepherdcentres.ca/services/barrett-centre-for-crisis-support
- Support for anyone 16+ experiencing a mental health crisis who does not require a hospital stay.

Student Assistance Program

WeConnect Student Assistance Program (Undergraduate Students)

- **1-877-390-7325**
- wespeakstudent.com/home/8-mcmaster-university
- Psychological counselling services as well as legal, financial, nutrition, and career development consultations for McMaster students, roommates, and parents.

Conversation – by Dialogue (Graduate Students)

- studentcare.ca/rte/en/McMasterUniversity_Conversation_Dialogue
- Consultation appointments, coaching sessions, medical support, psychotherapy, and other wellness services and resources.
- Online platform for booking and appointments.

Other Resources

There are many more resources available to students that we could not fit in this book alone. We have listed additional support on our website, including self-help apps and websites, peer support, student support services, phone lines, out-of-province and international resources. For more information, visit our website: wellness.mcmaster.ca/resources.