

COUNSELLING & MENTAL HEALTH RESOURCES FOR MCMASTER RESIDENTS

	DESCRIPTION	COST	CONTACT INFORMATION
McMaster Resident Affairs Wellness Counsellor	Resident Affairs is a confidential office at arm's length from the McMaster PGME office. The wellness counsellor is a Registered Psychotherapist available to all residents and fellows to discuss mental health concerns, issues in the workplace and learning environment, relationship and home life concerns, and more.	Free	Contact: pgaffairs@mcmaster.ca Book an appointment directly: https://macmstudentresidentaffairs.janeapp.com/
HHS Employee Assistance Program	HHS employees (including residents and fellows) have access to an EAP through the SHINE wellness program. The EAP offers access to phone and in-person counselling, along with a variety of other resources and support services.	Free	Log-in information can be found on the SHINE wellness page on the HHS intranet: https://hub.hhsc.ca/yourhhs/hsw/eap/Pages/default.aspx
Private Counselling	Private counselling options are numerous in the Hamilton and surrounding areas. You may wish to search on the Psychology Today website to find a provider who suits your needs.	Out of pocket. PARO benefits cover up to \$500 per calendar year for psychological services (C.Psych. & MSW).	---
Primary Care Provider/ Family Health Team	Some family physicians offer psychotherapy. If you are a patient at a Family Health Team, you may have access to counselling through your Family Health Team office.	Free	Talk to your primary care provider for more information.
BounceBack Ontario	BounceBack is a free skill-building program managed by the Canadian Mental Health Association (CMHA). Delivered over the phone with a coach and through online videos, it is designed to help you manage low mood, mild to moderate depression and anxiety, stress, or worry. It is NOT counselling/crisis support.	Free	https://bouncebackontario.ca/ Requires a primary care referral.