

Wellness Support Services for MBA Students

COAST

<http://coasthamilton.ca/>

905 972 8338

Hamilton Crisis Line 24 hours - 905-972-8338

GOOD2TALK

<https://good2talk.ca/>

1 866 925 5454

<https://thrivecounselling.org/> **Thrive** offers free walk in counselling Thursday from 1:00- 7:30 pm

<https://www.dchaltontalk.ca/> **Distress Center Halton** provides telephone and online support to individuals in crisis

<http://www.suicidepreventionhalton.ca/gettinghelp/areyousuicidal.php> **Halton Suicide Prevention Coalition** provides suicide prevention, intervention and postvention

1-844-7416389 or <https://gsamcmaster.org/empower-me/> **Empower Me** is a service for Graduate students to call in and get connected to counsellor near them at no cost. Students can speak to a counsellor on the phone or in person if they wish, in a location that is suitable to them.

RELIABLE WEBSITES

Canadian Mental Health Association www.cmha.ca

Centre for Addiction and Mental Health www.camh.ca

Mood Disorders Association of Ontario www.mooddorders.ca

Anxiety www.anxietycanada.ca and www.macanxiety.com

Personality Disorders www.healthyplace.com/personality-disorders

Psychosis www.schizophrenia.ca

Substance Use www.ay.on.ca (Alternatives for Youth) www.whatswithweed.ca
www.leavethepackbehind.org

CAMPUS RESOURCES

Brenda Scott- MBA Wellness Counsellor

brendascottconsulting@gmail.com

905-334-9605

Chaplaincy Centre, all faiths
MUSC 231, ext. 24207

Sexual Assault/Domestic Violence Care Centre
McMaster Medical Centre, Room 4B24
1200 Main Street West
905 521 2100 ext. 73557

HAMILTON THERAPISTS

(For Private Counselling, fees will apply)

Fran Buchanan, Reg. Psych.
(10 mins from campus)
905 920 6985

Hamilton Centre for CBT
(Cognitive Behavioural Therapy)
217 Locke St. South
905 527 2507

Dr. Lisa Bourque & Assoc.
105 George St.
905 730 6289

Locke Street Psychotherapy
(Andrea Liss)
385 King St. West
905 525 0810

Find Your Voice Counselling
(Carly Crawford, Reg. Psych)
Email: carly@findyourvoicecounselling.ca
Phone: 905-930-7754

Hamilton Psychological Services
(M. Maroes, D. Boyle)
1057 Main St. W
905 527 5991

Main West Psychotherapy
(D. Smith, A. Wolpert-Zur)
1685 Main St. W
905 522 4770

Community Counselling & Family Services
FREE, walk-in service available
447 Main St. E, Unit 201
905 527 3823

Barrett Centre for Crisis Support
(A safe environment in the community)
access via crisis line 24/7
905 529 7878