Researcher Name

**Name of Study**

**Counselling Services Information Sheet**

* **Here is a list of services where you can find someone to talk to, if you have something on your mind.**
* **If you aren’t ready to use one of these services, you might want to talk to a trusted family member or friend that you would normally go to when you have something on your mind.**

**MCMASTER UNIVERSITY:**

**Student Wellness Centre**

MUSC B101 ext. 27700
offers personal counseling among other psychological services.
<http://wellness.mcmaster.ca/personal/personal-counselling/about-personal.html>

**McMaster Chaplaincy Centre**

MUSC 231 Ext. 24207

Offers support, personal counseling and support groups.
Web: <http://www.mcmaster.ca/chaplain/>
Email: chaplain@mcmaster.ca

**Queer Students Community Centre**

(MSU Service) MUSC 221 Ext. 27397
Student peer support, resources
Web: <http://www.msumcmaster.ca/qscc.htm>
Email: qscc@msu.mcmaster.ca

**HAMILTON:**

**Distress Centre Hamilton**

The Distress Centre Hamilton offers 24 hour telephone support, crisis intervention, and referral to other agencies where appropriate, for people in distress. This Centre is staffed by trained volunteers.

24 Hour Crisis Line: You will speak to a trained volunteer. The line may be busy at times but this number is in service. 905-522-8611

**Salvation Army 24-Hour Suicide Hotline**:

Tel. 905-522-1477

Web: [www.hopesalive.ca](http://www.hopesalive.ca)

**SIX NATIONS:**

**Six Nations Crisis Hub**

Web: <https://www.snhs.ca/mental-wellness/crisis-hub/>

**Six Nations Mobile Crisis Line (24/7 Support)**

Phone: 519-445-2204 (1-866-445-2204)

**HELPFUL SUGGESTION TO RESEARCHERS:**

To find other resources or services offered by McMaster University and throughout Hamilton try Red Book by Hamilton Public Library: <http://redbook.hpl.ca/>

For studies conducted outside of Hamilton use the internet. **DELETE this BOX and its content before submitting your finalized sheet to the REB for review.**