

The Mental Wellness Map

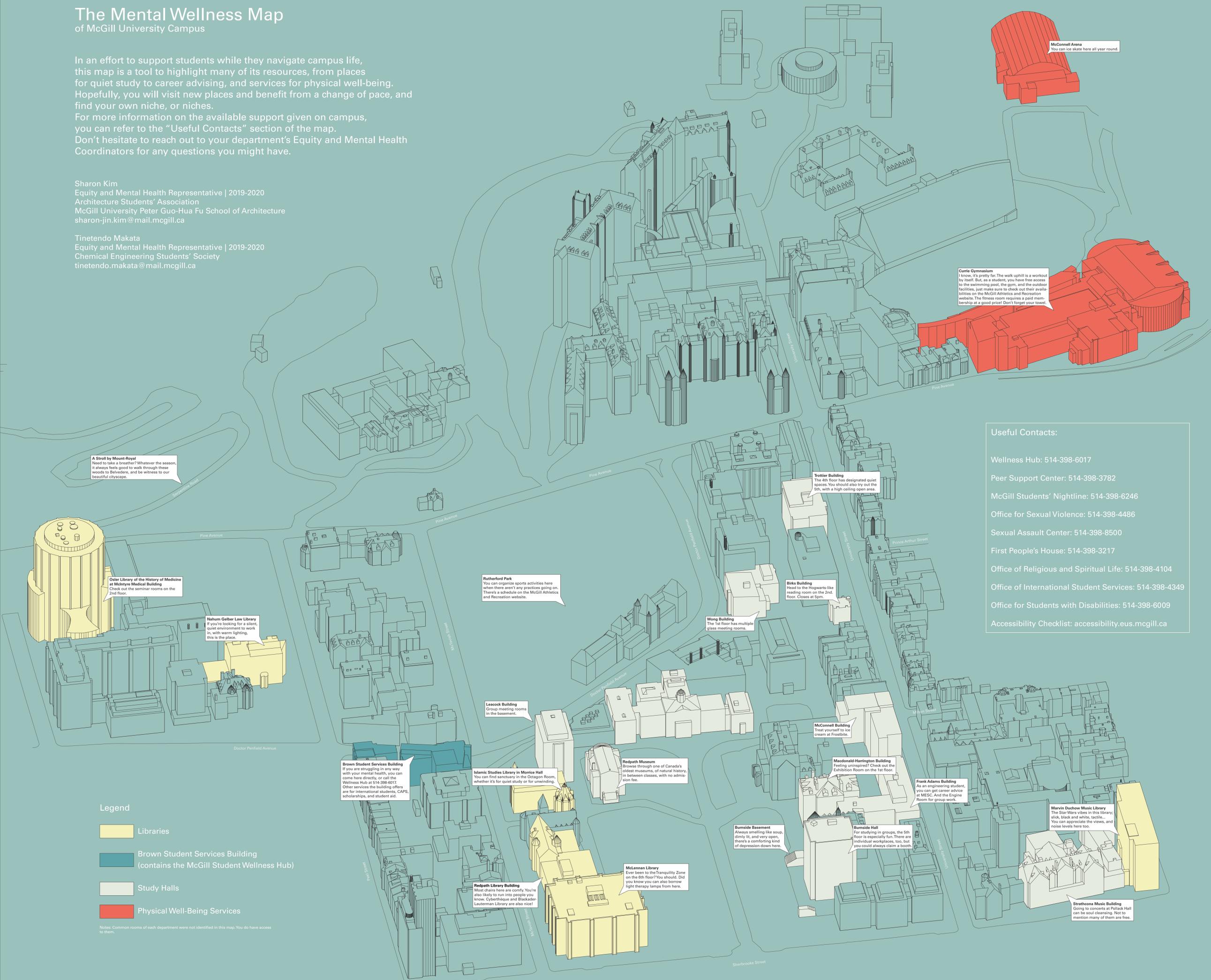
of McGill University Campus

In an effort to support students while they navigate campus life, this map is a tool to highlight many of its resources, from places for quiet study to career advising, and services for physical well-being. Hopefully, you will visit new places and benefit from a change of pace, and find your own niche, or niches.

For more information on the available support given on campus, you can refer to the "Useful Contacts" section of the map. Don't hesitate to reach out to your department's Equity and Mental Health Coordinators for any questions you might have.

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A Stroll by Mount-Royal!
Need to take a breather? Whatever the season, it always feels good to walk through these woods to Belvedere, and be witness to our beautiful cityscape.

Oxler Library of the History of Medicine at McIntyre Medical Building
Check out the seminar rooms on the 2nd floor.

Nahum Gelber Law Library
If you're looking for a silent, quiet environment to work in, with warm lighting, this is the place.

Rutherford Park
You can organize sports activities here when there aren't any practices going on. There's a schedule on the McGill Athletics and Recreation website.

Leacock Building
Group meeting rooms in the basement.

Brown Student Services Building
If you are struggling in any way with your mental health, you can come here directly, or call the Wellness Hub at 514-398-6017. Other services the building offers are for international students, CAPS, scholarships, and student aid.

Islamic Studies Library in Morrice Hall
You can find sanctuary in the Octagon Room, whether it's for quiet study or for unwinding.

Redpath Museum
Browse through one of Canada's oldest museums, of natural history, in between classes, with no admission fee.

Redpath Library Building
Most chairs here are comfy. You're also likely to run into people you know. Cybertheque and Blackader, Lauterman Library are also nice!

McLennan Library
Ever been to the Tranquility Zone on the 6th floor? You should. Did you know you can also borrow light therapy lamps from here.

Burnside Basement
Always smelling like soup, dimly lit, and very open, there's a comforting kind of depression down here.

Burnside Hall
For studying in groups, the 5th floor is especially fun. There are individual workspaces, too, but you could always claim a booth.

McConnell Building
Treat yourself to ice cream at Freabite.

Macdonald-Harrington Building
Feeling uninspired? Check out the Exhibition Room on the 1st floor.

Frank Adams Building
As an engineering student, you can get career advice at MESC. And the Engine Room for group work.

Marvin Duchow Music Library
The Star Wars vibes in this library: pink, black and white, tactile. You can appreciate the views, and noise levels here too.

Strathcona Music Building
Going to concerts at Pollock Hall can be soul cleansing. Not to mention many of them are free.

McConnell Arena
You can ice skate here all year round.

Curie Gymnasium
I know, it's pretty fat. The walk uphill is a workout by itself. But, as a student, you have free access to the swimming pool, the gym, and the outdoor facilities. Just make sure to check out their available facilities on the McGill Athletics and Recreation website. The fitness room requires a paid membership at a good price! Don't forget your towel!

Trotter Building
The 4th floor has designated quiet spaces. You should also try out the 5th, with a high ceiling open area.

Birks Building
Head to the Hogwarts-like reading room on the 2nd floor. Closes at 5pm.

Wong Building
The 1st floor has multiple glass meeting rooms.

- Useful Contacts:**
- Wellness Hub: 514-398-6017
 - Peer Support Center: 514-398-3782
 - McGill Students' Nightline: 514-398-6246
 - Office for Sexual Violence: 514-398-4486
 - Sexual Assault Center: 514-398-8500
 - First People's House: 514-398-3217
 - Office of Religious and Spiritual Life: 514-398-4104
 - Office of International Student Services: 514-398-4349
 - Office for Students with Disabilities: 514-398-6009
 - Accessibility Checklist: accessibility.eus.mcgill.ca

Legend

- Libraries
- Brown Student Services Building (contains the McGill Student Wellness Hub)
- Study Halls
- Physical Well-Being Services

Notes: Common rooms of each department were not identified in this map. You do have access to them.