

## Resources and Wellness Services

### Graduate Students

School of Graduate Studies: <https://gs.mcmaster.ca>

Graduate Students Association (GSA): <https://gsa.mcmaster.ca>

Health Science Graduate Student Federation: <https://gsa.mcmaster.ca/hsgsf/>

### International Student Resources

International Student Services: <https://studentsuccess.mcmaster.ca/international-students/>

Graduate Studies International Student Services: <https://gs.mcmaster.ca/ive-accepted-my-offer/international-students/>

McMaster International Graduate Student Association (IGSA):  
<https://www.facebook.com/groups/MAC.IGSA/about>

### Health and Wellness Resources

Student Wellness Centre: <https://wellness.mcmaster.ca>

Crisis Support: <https://wellness.mcmaster.ca/crisis-support/>

Graduate Studies Wellness: <https://gs.mcmaster.ca/category/wellness/>

Graduate Wellness Newsletter Sign-Up:

<https://mailchi.mp/947bed78071f/gradwellness>

### Athletics and Recreation

McMaster Athletics and Recreation: <https://rec.mcmaster.ca>

MacMoves: <https://macmoves.mcmaster.ca>

Open Circle McMaster: <https://opencircle.mcmaster.ca>

### Indigenous Student Resources

Indigenous Students Health Sciences Office (ISHS): <https://ishs.mcmaster.ca>

Indigenous Student Services: <https://indigservices.mcmaster.ca>

### Accessibility Services

Student Accessibility Services (SAS): <https://sas.mcmaster.ca/#>

### Students with Children

Grad Parents Network: <https://gs.mcmaster.ca/grad-student-postdoc-families/#tab-content-grad-parents-network>

MSU Child Care Centre: <https://msumcmaster.ca/service/child-care-centre/>

## Housing Services

Off-Campus Housing: <https://offcampus.mcmaster.ca>

## Mentorship Programs

Alumni and Partners Advisor Network: <https://mcmaster.firsthand.co>

Ombuds: <https://www.mcmaster.ca/ombuds/#quicklinks>

Health Sciences Mentorship Program (HSMP): <https://gsa.mcmaster.ca/hsgsf/>

Indigenous Students Health Sciences Mentorship:

<https://ishs.mcmaster.ca/services/mentorship>

Black Student Mentorship Program: <https://gsa.mcmaster.ca/2020/08/31/student-mentorship-ops/>

Women in Science and Engineering Initiative (WISE) Mentorship:

<https://www.mcmasterwise.com/mentor-database>