

NEW: What mental health supports and resources are available for faculty and staff?

There are a number of mental health resources available at the university:

- [Supporting Faculty and Staff in Distress](#)
- [McMaster Employee and Family Assistance Program \(EFAP\)](#)
- [Homeweb: Online EFAP Resources](#)
- [Crisis Supports](#)
- [Expanded Mental Health Benefits: UNIFOR](#)
- [Expanded Mental Health Benefits: TMG](#)
- [Expanded Mental Health Benefits: MUFA](#)
- [Support for Medical Students, Residents, Physicians and Veterinarians](#)

If you are a staff or faculty member working closely with students, visit this mental health resource: <https://wellness.mcmaster.ca/app/uploads/2019/11/Responding-to-Student-in-DistressNov2019-final.pdf>

A number of community mental health resources include:

- [St. Joseph's Mental Health & Resource Centre](#)
- [Canadian Mental Health Association, Hamilton](#)
- [COAST Hamilton](#)