**Appendix ?**

Researcher Name

**Name of Study**

**Counselling Services Information Sheet**

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| * ***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>

**NOTE TO RESEARCHER:**

Delete this helpful hint and the box at the bottom before submitting your finalized sheet to the REB for review

This sheet is **just** a sample of what one researcher created. It is **your responsibility** to create a new list of services for the type of people you are inviting to be in your study. See the “Note to Researcher” box at the bottom of this sheet for how to find resources.

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**McMaster Chaplaincy Centre**

MUSC 231 Ext. 24207

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

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| **HELPFUL SUGGESTION TO RESEARCHERS:**  To find other resources or services offered by **McMaster University** and throughout **Hamilton** visit <http://wellness.mcmaster.ca/personal.html> or “Inform Hamilton” <http://www.inform.hamilton.ca/>.  **For other Ontario community service databases** online, cursor down to the bottom of the 1sr screen when you click this “Inform Hamilton” link.  **For studies conducted outside of Ontario or Canada** use the internet. Consult with the McMaster Ethics Office at X 23142 or 26117 for advice**.**  **DELETE this BOX and its content before submitting your finalized sheet to the REB for review.** |