

IF YOU ARE A STUDENT IN NEED OF SUPPORT

START HERE

If you need support, please review the **McMaster units** that are available to support you as well as different kinds of **programming**. There are also **off-campus supports** and **student groups** that may be able to help.

If you're not sure where to start, please reach out to **Sharlee Cranston Reimer** (she/her), Specialist, EDI in DSB.



If you have experienced harassment, discrimination, or sexual violence, know that you are not alone. There are multiple supports and paths available to help you navigate next steps. You're welcome to reach out—whether you're ready to take formal steps or just want someone to talk to, support is available—if you don't know where to start, please see this list of **resources**.

You are entitled to safety, respect, and dignity—and support is here to help you protect that.

OPTION A

CONTACT THE EQUITY AND INCLUSION OFFICE (EIO)

You can start an intake process by selecting the path that best fits your experience. The EIO offers confidential* consultation, support, education, and resources through four main programs.

EIO offers programs and services through four offices:

HUMAN RIGHTS AND DISPUTE RESOLUTION (HRDR)

The Human Rights and Dispute Resolution provides confidential complaint resolution according to McMaster's policies on discrimination, harassment, and sexual violence.



INCLUSION AND ANTI-RACISM EDUCATION

Provides educational opportunities related to harassment, discrimination, anti-oppression, accessibility, accommodation, and other human-rights-related issues.

SEXUAL VIOLENCE PREVENTION AND RESPONSE (SVPRE)

The Sexual Violence Prevention and Response Office provides inclusive and trauma-informed support, prevention education and response training, community consultation, and referral.





ACCESSIBILITY PROGRAM

Provides consultation and advice on the identification, removal and prevention of barriers to accessibility within the University's systems, structures, and policies.

WHAT HAPPENS WHEN YOU REACH OUT TO THE EQUITY AND INCLUSION OFFICE?

- You will be informed about the options you have, the support the office can provide, and the scope within which they operate.
- You will be informed about conditions under which confidentiality may not be possible.
- They will be able to refer you to additional supports and offices, if needed, and answer your questions about the university's Discrimination and Harassment Policy and/or the Sexual Violence Policy (the Policies).
- You can decide whether you would like to meet with a Senior Human Rights Advisor (SHRA) to share your experiences during an intake meeting.



- They can assess and support your request for accommodations based on your needs.
 - » Options that may be available include extensions, deferrals, or adjusted deadlines.
- If you decide to meet with a SHRA, they will further explain the processes available to you under the Policies, including the option to explore early resolution and file a formal complaint.

YOU CAN ASK QUESTIONS, DECIDE NOT TO PROCEED, OR REQUEST TIME TO THINK ABOUT YOUR OPTIONS, KEEPING TIME LIMITATIONS IN MIND.

OPTION B

CONTACT OTHER McMaster SUPPORT RESOURCES

If your concern requires additional or specialized assistance beyond the Equity and Inclusion Office's main programs, you can connect with one or more of these university resources:

- STUDENT ACCESSIBILITY SERVICES (SAS)
- INDIGENOUS STUDENT SERVICES (ISS)
- BLACK STUDENT SUCCESS CENTRE (BSSC)
- STUDENT SUCCESS CENTRE
- CAMPUS SAFETY SERVICES
- STUDENT WELLNESS CENTRE (NOT AVAILABLE TO MBA STUDENTS)
- WELLNESS RESOURCES FOR MBA STUDENTS

➤ STUDENT CASE MANAGEMENT (SCM)

is a one-stop service that aims to support the whole student. By caring for students who are in distress, or experiencing difficulty, in a holistic way, our office recognizes that students' well-being is a function of their diverse individual identities and experiences in relation to their social environment and situation.



OPTION C

CONTACT SPECIALIST, EQUITY, DIVERSITY & INCLUSION (DEGROOTE SCHOOL OF BUSINESS)

Email: edidsb@mcmaster.ca

The Specialist, EDI* can refer you to the intake office and guide you through next steps.

Please note that the Specialist, EDI does not provide any kind of counselling services and is not a part of an intake office.

*LIMITS OF CONFIDENTIALITY

Please note that the university will take steps to protect your confidential information to the extent permitted by its legal obligations. The university will share identifying information only in circumstances where it is necessary to:

- **ADMINISTER THE POLICIES, AND OTHER RELEVANT UNIVERSITY POLICIES.**
- **TO ADDRESS SAFETY CONCERN FOR YOU, OTHERS AND THE BROADER UNIVERSITY COMMUNITY.**
- **TO SATISFY A LEGAL REPORTING REQUIREMENT.**

If the above circumstances exist, the minimum amount of information needed to allow such concerns to be addressed, or to meet such requirements, will be disclosed.

For full details,

SEE SECTION III OF THE DISCRIMINATION AND HARASSMENT POLICY



KEY POLICIES & RESOURCES

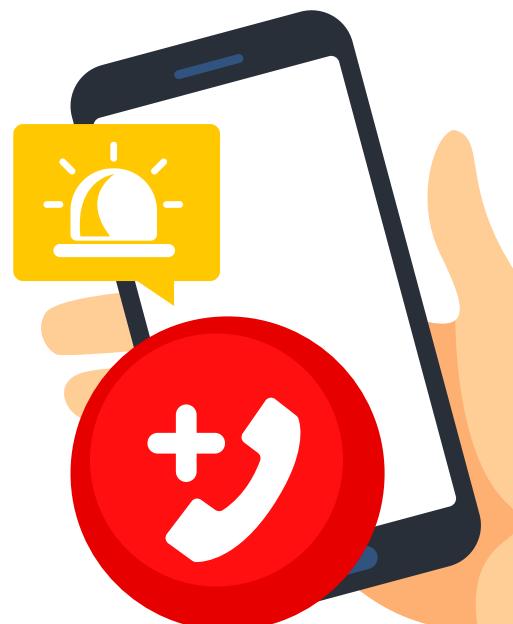
- [Discrimination & Harassment Policy \(PDF\)](#)
- [Sexual Violence Policy \(PDF\)](#)

You are not alone. This roadmap is here to guide you through your options, connect you to the right resources, and remind you that **support is always available.**

EMERGENCY CONTACTS

ON-CAMPUS

- Campus Security Emergency Line: 905-522-4135
- From any McMaster phone: Dial 88
- Red Rocket" Emergency Phones:
Located across campus



OFF-CAMPUS

- Fire, Ambulance, Police: Dial 911
- **Suicide Crisis Helpline – Call 9-8-8**
- **Good2Talk – Text GOOD2TALKON to 686868**
- **WeConnect – 1-855-853-0565 (Undergraduate Students)**
- **EmpowerME – 1-855-853-0565 (Graduate Students)**
- **COAST – 1-844-972-8338**
- **Sexual Assault Centre for Hamilton and Area (SACHA) – 905-525-4162**