

Green Card makes mental health resources mobile

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The Green Card provides a listing of mental health-related resources in a convenient format.

A new resource available to students provides a list of mental health resources and information on a small card that tucks easily into a wallet or bag.

"The idea behind the 'Green Card' is to assist students by providing information that they carry around in their pocket," says Katie Conway, AMS Social Issues Commissioner. "Students support each other every day at our university, and this is one more way to help them do that."

Building on the successful Green Folder initiative, the Green Card is a quick and easy reference for those in need of mental health services and for those looking to help a friend or colleague. The card includes phone numbers for Health, Counselling and Disability Services, Campus Security, as well as a 24-hour community crisis line.

There are two versions of the card: one for undergraduates that includes information about the AMS Peer Support Centre, and one for graduate and professional students that promotes the SGPS Student Advisor program for peer referrals and self-advocacy support.

"These cards were produced in partnership with our student governments and we hope they will encourage students to reach out to a range of professional and peer support resources on campus," says Ann Tierney, Vice-Provost and Dean of Student Affairs. "We continue to look for new ways to raise awareness about the services available and ensure students can access the assistance they need to be healthy and successful at Queen's."

The cards are being distributed across campus. They are being provided to all students in residences; upper years and graduate students can find them at the offices of the AMS, SGPS, Student Affairs units,

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including QUIC, HCDS, and Career Services, the ARC, the School of Graduate Studies, libraries and faculty offices. A second distribution is planned for the fall.

For more information about the Green Card and other health and wellness resources for students, staff and faculty, visit the [Student Affairs website](#).

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