

Queen's University
Support Services for Students in Distress



Good mental health is a key part of student wellness and success.

One in four university and college-aged students will experience a **mental health** problem

Please know that there are things we all can do to help people in distress. If you are experiencing distress, there are on-campus and community resources to support and help you. If a friend talks to you about feeling overwhelmed and isolated, or of being in emotional pain that is too great to bear, or wanting to harm themselves or end their lives, PLEASE don't ignore this.

Listen and be supportive, and encourage them to talk to someone who can help.

On-Campus Resources

- **Health, Counselling & Disability Services (HCDS) – 613-533-2506**
 - call for an appointment with a doctor or nurse for confidential support
- **Counselling Service at HCDS – 613-533-6000-78264**
 - call for an appointment with an experienced professional counsellor for confidential crisis support or 1:1 counselling
- **University Chaplain – 613-533-2186**
 - for non-denominational support and service
- **Queen's International Centre (QUIC) – 613-533-2604**
 - personal support and referral for international and exchange students
- **Alma Mater Society (AMS) Peer Support Centre – 613-533-6000-75111**
 - for social and personal support from a trained peer support person – simply drop by Room 34, JDUC or call for an appointment. Open from 3 pm to 1 am, 7 days a week
- **Society of Graduate & Professional Students (SGPS) Advisors – 613-533-3169**
 - call for advice, advocacy and referrals on issues of well-being
- **Campus Security at 613-533-6080** for after-hours access to support
- If you live in Residence, talk to your **Don**
 - they will listen, support and refer you to appropriate services

Kingston Community Resources

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| ○ Telephone Aid Line Kingston (7 am to 7 pm) | 613-544-1771 |
| ○ Sexual Assault Centre Kingston (24 hours) | 613-544-6424 |
| ○ Lesbian, Gay, Bisexual and Transgender Youth Line | 1-800-268-9688 |
| ○ Kids Help Phone | 1-800-668-6868 |
| ○ Frontenac Community Mental Health Crisis Service (24 hours) | 613-544-4229 |

Read the brochure: **“How you can identify and help students in distress”**

**Browse the Student Safety Website
at: www.queensu.ca/studentaffairs**