Student Wellness Services
613.533.2506

Counselling Services
(Mon – Fri, 8:30 am – 4:30 pm)

Health Services
(Mon – Fri, 8:30 am – 4:30 pm; Mon, Tues, Thurs, 5 – 7:30 pm)

Queen’s 24 hr Emergency Report Centre 613.533.6111

AMS Peer Support Centre
613.533.6000 ext. 75111

24 hr Community Crisis Line
613.544.4229

911
HOW TO HELP A FRIEND

- Reach out and express concern
- Listen attentively and patiently
- Offer support and understanding
- Provide resource info

EMERGENCY/SERIOUS SITUATIONS

- Any reference to wanting to die/suicide
- Expressed feelings of worthlessness, hopelessness
- Threats, disruptive or violent behaviour
- Extreme distress

What to do:

Call Counselling Services or Queen’s 24 hr Emergency Report Centre