

STUDENT MENTAL HEALTH RESOURCES



Queen's
UNIVERSITY

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

24 hr Community Crisis Line

613.544.4229

911

**PEER REFERRALS AND
SELF-ADVOCACY SUPPORT**

SGPS Student Advisor Program

advisors@sgps.ca

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



SGPS

Society of Graduate &
Professional Students