

# STUDENT MENTAL HEALTH RESOURCES



**Queen's**  
UNIVERSITY

## **Student Wellness Services**

613.533.2506

## **Health & Counselling Services**

Mon – Fri

May – Aug, 8:30 am – 4:30 pm

Sept – Apr, 8:30 am – 5 pm

## **Evening Clinics (Sept – Apr)**

Mon - Thurs, 5 pm – 7:30 pm

## **Queen's 24-hr Emergency**

**Report Centre** 613.533.6111

## **24-hr Community Crisis Line**

613.544.4229

**911**

## **AMS Peer Support Centre**

613.533.6000 ext. 32737

Room 34, JDUC

## **SGPS Student Advisor Program**

[advisors@sgps.ca](mailto:advisors@sgps.ca)

Room 31, JDUC

## 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 Student Wellness Services or Queen's 24-hr Emergency Report Centre

Last updated: July 2017