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
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