Counselling Service
613.533.6000 Ext. 78264
M-F 9-4:30

Queen’s Emergency Line
613.533.6111

24-hour community crisis line
613.544.4229

911

PEER REFERRALS AND SELF-ADVOCACY SUPPORT

SGPS Student Advisor Program
Advisors@sgps.ca or 613.533.3160
HOW TO HELP A FRIEND

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

EMERGENCY/SERIOUS SITUATIONS

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

What to do:

Call the Counselling Service or Campus Security

Society of Graduate & Professional Students
Canadian Federation of Students Local 27