

# RESOURCES FOR STUDENTS IN DISTRESS

HEALTH AND COUNSELLING	PEER SUPPORT	ACADEMIC	OTHER	COMMUNITY
<p><b>Health, Counselling &amp; Disability Services (HCDS) Counselling Service</b> queensu.ca/hcds 613.533.6000 Ext. 78264</p> <p><b>HCDS – Psychiatry</b> 613.533.2508</p> <p><b>HCDS – Health Service</b> 613.533.2506</p> <p><b>HCDS – Health Promotion</b> 613.533.6712</p> <p><b>Telehealth Ontario</b> Free confidential advice from a registered nurse 24/7 1.800.797.0000 TTY 1.866.797.0007</p>	<p><b>AMS Peer Support Centre</b> 613.533.6000 Ext. 75111</p> <p><b>SGPS Student Advisor Program</b> 613.533.3169</p> <p><b>Rector</b> 613.533.2733</p> <p><b>HCDS – Peer Mentor Program</b> 613.533.6000 Ext. 78264</p>	<p><b>Faculty of Arts &amp; Science</b> 613.533.2470</p> <p><b>Faculty of Engineering and Applied Science</b> 613.533.2055</p> <p><b>Queen’s School of Business</b> 613.533.2330</p> <p><b>Faculty of Education</b> 613.533.6205</p> <p><b>School of Graduate Studies</b> 613.533.6100</p> <p><b>School of Medicine</b> 613.533.2542</p> <p><b>School of Nursing</b> 613.533.2668</p> <p><b>School of Rehabilitation Therapy</b> 613.533.6103</p> <p><b>Faculty of Law</b> 613.533.2220</p> <p><b>Disability Services</b> 613-533.6467 TTY 613.533.6566</p> <p><b>Learning Strategies</b> 613.533.6315</p> <p><b>The Writing Centre</b> 613.533.6315</p>	<p><b>Four Directions Aboriginal Student Centre</b> 613.544.6970</p> <p><b>International Centre (QUIC)</b> 613.533.2604</p> <p><b>Human Rights Office</b> 613.533.6886</p> <p><b>Equity Office</b> 613.533.2563</p> <p><b>Chaplain’s Office</b> 613.533.2186</p> <p><b>Residence Life and Dons</b> 613.533.6790</p> <p><b>Employee Assistance Program (EAP)</b> 1.800.387.4765</p> <p><b>Coordinator of Dispute Resolution Mechanisms</b> 613.533.6495</p>	<p><b>Frontenac Community Mental Health Services</b> 24 Hour Crisis 613.544.4229 Administration 613.544.1356</p> <p><b>Telephone Aid Line Kingston (TALK)</b> Crisis 7:00pm-3:00am 613.544.1771</p> <p><b>Ontario Mental Health Helpline</b> Help in 170 languages 1.866.531.2600</p> <p><b>911</b></p>