

## Mental Health and Addiction Resources for Graduate Students

\*If you need support that you do not see on this list or are having trouble accessing the help you need when you need it, please let me know!

### If experiencing a mental health emergency, call 911 or go to the emergency department:

- Kingston General Hospital Emergency Department (always open)
  - 41 King St. W, Kingston
  - Emergency Department direct line: 613-548-2333
- Hotel Dieu Urgent Care Centre (8 AM-8 pm daily)
  - 144 Brock St., Kingston
  - Urgent Care Centre direct line: 613-546-1240

### 24/7 Support

- Good 2 Talk - 1-866-925-5454 (available 24/7)
  - <http://good2talk.ca/ontario/>
  - Good2Talk is a free, confidential support service for post-secondary students in Ontario. First launched in 2013, Good2Talk is funded by the Ministry of Colleges and Universities. By calling Good2Talk at 1-866-925-5454, students can receive information and referrals about services and supports for mental health, addictions and well-being on and off campus and speak anonymously with a professional counsellor. Good2Talk can support students through a wide range of issues that may be impacting their mental health and well-being, including: depression, anxiety, substance abuse, academic stress, personal or family relationships, loneliness, financial concerns and other challenges facing students transitioning to post-secondary.
- Empower Me 1-833-628-5589 in North America (international numbers available) 24/7  
[http://www.studentcare.ca/rte/en/IHaveAPlan\\_SGPS\\_EmpowerMe\\_EmpowerMe](http://www.studentcare.ca/rte/en/IHaveAPlan_SGPS_EmpowerMe_EmpowerMe)  
Available to graduate students for 24/7 crisis support (365 days a year) and to book short-term solution-focussed 1 on 1 counselling.  
Empower Me has a number of professionals with various domains of expertise, including psychology, psychotherapy, social work, nutrition, etc., to support you and respond effectively to diverse needs. You can access services via telephone, videoconference, or in person (when permitted in accordance with public health guidelines and COVID-19 advisories).  
This service is confidential, multilingual, culturally sensitive, gender inclusive, and faith inclusive. You can get support for issues of any kind, such as: stress or anxiety, depression, relationships or interpersonal conflicts, family responsibilities, substance misuse/abuse, disordered eating, time management, career counselling, financial planning or financial insecurity, nutrition, etc.
- Addiction and Mental Health Services 24/7 Crisis Lines:
  - 24/7 Crisis Line for Kingston & Frontenac: 613-544-4229
  - 24/7 Crisis Line for Lennox & Addington: 613-354-7388
  - <http://www.amhs-kfla.ca/programs-services/crisis/>

- Crisis lines are staffed 24/7, 365 days a year by experienced professionals who can provide immediate support, advocacy and referrals to appropriate services as needed. Crisis services are free, confidential and delivered in a respectful, non-judgmental manner by a multidisciplinary team of mental health and addiction specialists. Walk-ins are welcome during office hours at 552 Princess Street in Kingston and 70 Dundas Street East in Napanee (Mon-Friday 8:30 AM-4:00 pm).
- Canada Suicide Prevention Service: toll-free 1-833-456-4566 Available 24/7 (toll free) Or text 45645 (4 pm-midnight)
  - <http://www.crisisservicescanada.ca/en/>
  - Enables callers anywhere in Canada to access crisis support by phone, in French or English

Mental Health Services available through Queen's:

- Student Wellness Services
  - <http://www.queensu.ca/studentwellness/home>
  - Student Wellness Services is open in Mitchell Hall, appointments 9:00 Am-4:30 pm Monday to Friday. Call 613-533-2506 (Mon-Fri. 9:00 AM-4:00 pm) in advance for in-person medical or crisis counselling appointments.
  - Call and ask for an appointment to speak to a counsellor. Please let the receptionist know if it is urgent, as they do have crisis same-day appointments. (If it is an emergency, call 911. See above for 24/7 supports, if Wellness Services isn't open.) You can ask to speak to any counsellor or to a particular specialist:
    - **Graduate Counsellor:** The current graduate counsellor is on medical leave (as of fall 2022). Hopefully funding will be forthcoming soon to hire an interim replacement.
    - **Other Specialized Counsellors:** Queen's Student Wellness Services offers a number of specialized counsellors to support our students. Counsellors include registered psychotherapists, social workers, and psychologists who specialize in working with particular issues or student populations including Eating Disorders, Sexual Violence, Black-identified, LGBT2SQ+, Indigenous, and Cross-cultural/racialized students.
    - **General Counsellors:** In addition to the graduate specific counsellor and other specialized counsellors, Student Wellness Services offers registered psychotherapists and social workers who are qualified to address issues related to stress, low mood, relationships, academic stress, clinical depression, and/or anxiety disorders.

-Conversation: Mental Health & Well-Being Services

-Only available to students covered by the SGPS Health Plan. (If you have opted out of this plan, you are not able to use Conversation, but you can access the other resources in this list.) This service is offered in partnership with Dialogue.

[http://www.studentcare.ca/rte/en/IHaveAPlan\\_SGPS\\_Conversation\\_Dialogue](http://www.studentcare.ca/rte/en/IHaveAPlan_SGPS_Conversation_Dialogue)

Connect through the Dialogue app or on the web (as explained at the link above):  
<http://www.dialogue.co/en/members/studentcare>

“As many students do, you may find it challenging to get adequate and affordable mental health support. But did you know that Conversation, a service offered in partnership with Dialogue, helps reduce barriers to care by ensuring fast access to support? No more waiting lists and high fees!”

-Allows for unlimited sessions, if you require longer term care.

-No fees (covered by the SGPS Health Plan).

-Habit-forming coaching sessions

Medical support from physicians who can diagnose some conditions and issue or renew prescriptions, so you don't need to consult a family doctor (as long as the condition falls within the scope of the service's practice)

- Psychotherapy sessions as needed

-Although your legal name will be required when you register, you can enter a chosen name and specify your gender identity. For anyone experiencing gender dysphoria or medically transitioning, Dialogue professionals can refer them, if they wish, to clinics that can offer them the best care possible.

#### Mental Health Coverage through the SGPS Health Plan

-In addition to access to the Conversation (listed above), those who do not opt out of the SGPS Health Plan also have the following coverage: The Plan covers 100% per visit, up to a combined maximum of \$500 per policy year, for visits to a mental health practitioner or a speech therapist. The mental health practitioner must be a psychologist, psychotherapist, or social worker. You also have access to reduced prices for mental health care through the Studentcare Psychology Network. For more information, see:

[http://www.studentcare.ca/rte/en/IHaveAPlan\\_SGPS\\_Health\\_HealthCoverage\\_HealthPractitioners\\_PsychologistsandSpeechTherapists](http://www.studentcare.ca/rte/en/IHaveAPlan_SGPS_Health_HealthCoverage_HealthPractitioners_PsychologistsandSpeechTherapists)

#### Wellness Resources available through Queen's:

-Wellness and Mindfulness Coaching Appointments:

- <http://www.queensu.ca/studentwellness/appointments-same-day-clinic#health-promo-appointments>

-Professional and peer coaching sessions, which can be booked using an online form.

-For students interested in improving their eating, developing proactive mindfulness strategies, or who want to quit or cut down on substance use (i.e., alcohol, tobacco, and/or cannabis).

For students who want to be more physically active, decrease their sedentary time and/or sleep better.

*Students who are seeking assistance for eating disorders or significant addictions should book a medical and/or mental health appointment. Peer Wellness Coaches do NOT provide counselling/therapy or design personal exercise/workout plans.*

-Muse Biofeedback Mindfulness Appointments

- Therapy Assistance Online: A Free Self-Directed Wellness Tool  
- <http://www.queensu.ca/studentwellness/tao>

Queen's Other Supports:

- Queer Positive Resources:  
<http://www.queensu.ca/hreo/education/positive-space>
- Other supports and resources (including for Cross-Cultural and QTBIPOC students):
  - <http://www.queensu.ca/studentwellness/supports-resources>

Other Supports outside of Queen's:

- Telephone Aid Line Kingston - Available from 6 p.m. to 2 a.m.
  - Call: 613-544-1771
  - <http://www.telephoneaidlinekingston.com/?fbclid=IwAR1xVe2ViDAGjrFUjLm6tTM8S5RjAedGocv2ZY1QmnNeXJ5P7x2P8Nfes88>
  - Telephone Aid Line Kingston (TALK) is a confidential, anonymous, and non-judgmental volunteer-based support service. Our aim is to meet the needs of a diverse population by providing an empowering, empathetic, and safe environment through the provision of a listening phone service, as well as community outreach and education.
- Sexual Assault Centre - 1-877-544-6424
  - <http://sackington.com>
  - Sexual Assault Centre Kingston is a not-for-profit organization providing free, confidential, non-judgemental support for all survivors, 12+, of recent and/or historic sexual violence in Kingston, Frontenac, Lennox & Addington (KFL&A) since 1978.
- National Eating Disorder Information Centre - 1-866-633-4220
  - <http://nedic.ca>
  - NEDIC provides information, resources, referrals and support to Canadians affected by eating disorders. Provide a national toll-free helpline and online instant chat providing information on treatment options and support to people across Canada either directly or indirectly affected by disordered eating and related concerns.
  - 1-888-530-6777
- PFLAG Canada
  - <http://www.southeasthealthline.ca/displayService.aspx?id=14296>
  - Support and information to anyone with questions or concerns about sexual orientation and/or gender identity
- Rainbow Health Ontario
  - 416-324-4100
  - <http://www.southeasthealthline.ca/displayService.aspx?id=14338>
  - Province-wide program that works to improve the health and well-being of lesbian, gay, bisexual, transgender and queer (LGBTQ) people in Ontario through education, research, outreach and public policy advocacy

- Various organizations providing health and health-related information in an LGBTQ+ positive environment:
  - <http://www.southeasthealthline.ca/listservices.aspx?id=10455&region=Kingston>