Student Wellness Services
613-533-2506, Mitchell Hall
queensu.ca/studentwellness

Empower Me
24/7 crisis line 1-833-628-5589

Queen’s 24 hr Emergency Report Centre
613-533-6111 or 911

24 hr Community Crisis Line
613-544-4229

TAO – Self-directed online mental health support 24/7. Sign up at ca.taoconnect.org

AMS Peer Support Centre
613-533-6000 ext. 75111
peersupport@queensu.ca

SGPS Student Advisors
advisors@sgps.ca
sgps.ca/advisors/
HOW TO HELP A FRIEND

- Express concern and say what you see
- Listen attentively and be patient
- Offer support and understanding
- Connect with resources

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 or 911