

# Student Services and Resources

Campus Services and Student Affairs – We're Here to Help!

2026-2027

# Careers, Leadership, Academics, and Accessibility

## Careers

Visit [Career Services](#) for career advising, resume and cover letter advice, leadership workshops, employer/recruiter sessions, job fairs, internship support, and the [MyCareer job board](#).

## Leadership

- Complete the [Lead, Include, Transform \(LIT\)](#) anti-oppression training to build the skills to lead with confidence and create positive change across campus.
- Check out the [Career Services Volunteer Opportunities Webpage](#) and keep an eye on other Student Affairs units for more opportunities to gain experience and engage with the community.

## Academics

[Student Academic Success Services \(SASS\)](#) provides free writing and learning support through workshops, resources, and one-on-one coaching.

## Accessibility

- Register with [Queen's Student Accessibility Services \(QSAS\)](#) for academic accommodations.
- Check out the [Accessibility Hub](#) to learn more about resources available for students with disabilities, including the [Adaptive Technology Centre](#).
- View the Queen's [campus map](#) for building accessibility features and information.

# Food, Financial Aid, and Housing

## Food & Food Access

Check [what's open now](#) on campus.

[Food access resources](#) on campus include:

- Campus markets and affordable produce
- Prepared meals
- Food banks
- Meal prep take-home kits and cooking events
- Grocery store and on-campus discounts

## Financial Aid

[Explore financial aid options](#) designed to support your studies, including scholarships, bursaries, Work Study, government student aid, and more.

## Housing

[Off-Campus Living Advisors](#) are here to help you navigate the Kingston rental market, understand your tenant rights and responsibilities, lease agreements, and more.



# Health and Wellness

Student Wellness Services provides a welcoming, confidential, integrated service responsive to student needs.

- [Medical Services](#): appointments with healthcare providers, quick access for urgent needs, mental health intake
- [Mental Health Services](#): quick access for urgent needs, appointments with therapists, intake appointments, therapy groups
- [Wellness coaching](#): support for sleep, physical activity, nutrition, mindfulness, and substance use
- Student-led and other [wellness events](#)

Create a [TELUS Health Connect account](#) to book medical and mental health appointments online, get text reminders and fill out required forms.



Stay active at the ARC! [Athletics & Recreation](#) offers intramurals, workouts, pickup sports, swimming, and free attendance to all Gaels regular home season games!

## 24/7 Mental Health Supports

There are several 24/7 [crisis and mental health resources](#) available including:

- [Empower Me](#)
- [Good2Talk, Crisis Response](#): 1-866-925-5454  
(text: GOOD2TALKON to 686868)
- [Suicide Crisis Helpline](#): Call or text 9-8-8

# Community and Connection

- Keep an eye on [The Pulse newsletter](#) and [Student Affairs Instagram](#) for event highlights.
- Check out the [Allyship & Belonging Student Calendar](#) (ABC), the central events hub specifically for equity-deserving students and students wanting to become better allies.
- Pick a Peer Mentor through the [Student Experience Office](#) (SEO) [QSuccess First-Year](#) & [Upper Year](#) peer mentorship programs.
- First-Year? Living off-campus? Join the [Off-Campus Community](#) (OCC) to connect with other students living off-campus!

Find belonging and community with campus units including:

- [Faith and Spiritual Life](#)
- [Four Directions Indigenous Student Centre](#)
- [Queen's University International Centre](#)
- [Ban Righ Centre](#) for mature women students
- [Yellow House Student Centre for Equity & Inclusion](#)



# Emergency and Safety Services

## Life threatening emergencies: 911

Save these numbers in your phone contacts:

- Queen's Emergency Report Centre (24hr): 613-533-6111
- Campus Security Non-Emergencies (24hr): 613-533-6080
- [AMS Walkhome](#): 613-533-9255
- [Campus Observation Room \(COR\)](#): 613-533-6911 for students who have had too much to drink (Fall term only)
- [National Overdose Response Service \(NORS\)](#): 1-888-688-NORS(6677)

## Campus Safety App & Alerts

Download the [SeQure App](#) for quick access to all the [Campus Security and Emergency Services](#) resources.

Sign up for [QUAlerts](#) to allow Queen's to quickly send important messages via email, SMS text and text-to-voice, and the SeQure app.



Outdoor Emergency Phones across campus are identified by their blue lights or yellow boxes.

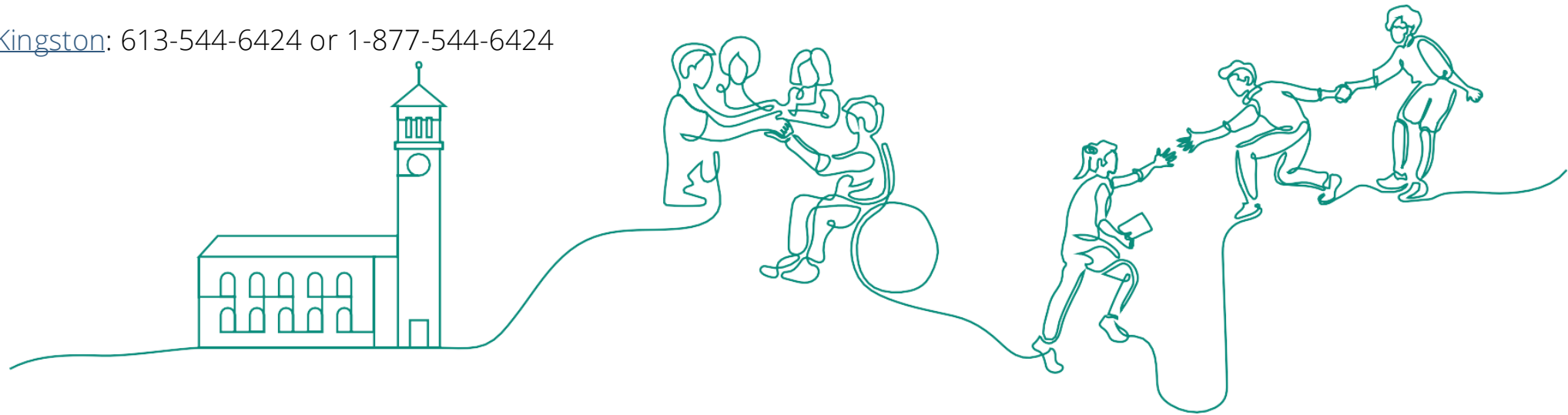
# Sexual Violence Prevention and Response Services (SVPRS)

Non-judgmental support for all students impacted by sexual violence and intimate partner violence.

- **Contact** SVPRS for information about supports/services and other options: [SVPRServices@queensu.ca](mailto:SVPRServices@queensu.ca).
- Visit the [SVPRS website](#) for resources and information.
- **Get informed** by participating in a workshop offered through the [Gender Based Violence, Awareness and Bystander Intervention](#) program and by completing the [It Takes All of Us](#) online learning program.

## 24/7 Crisis and Support Line

[Sexual Assault Centre Kingston](#): 613-544-6424 or 1-877-544-6424

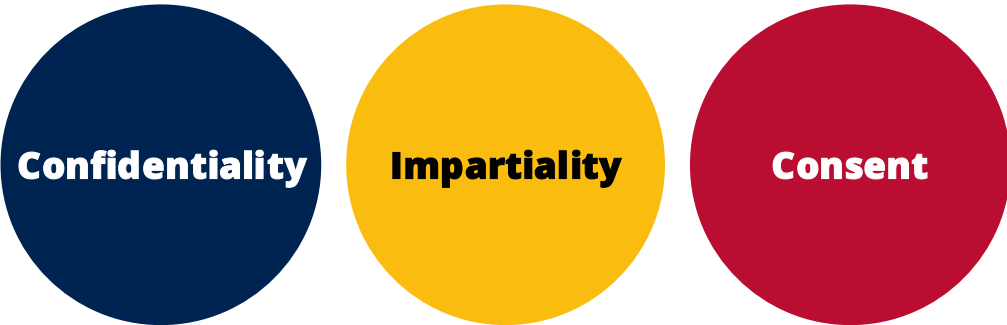


# Harassment and Discrimination Prevention and Support

As a student at Queen's, you have the right to study in an environment that does not discriminate or harass based on the protected grounds outlined in Ontario's Human Rights Code. These grounds include race, disability, sex, gender identity/expression, creed/religion, family status.

If you believe you have faced harassment or discrimination, you are encouraged to [make an appointment with a Human Rights Advisor](#).

## Central to our work is:



**Confidentiality**

**Impartiality**

**Consent**

## During a meeting, we will:

- Work together to explore options to respond to what has happened.
- Share with you whether the incident is likely to be considered discrimination or harassment.
- Guide you through the official [Complaint process](#).
- Explain how to make an anonymous submission through the [IN-SIGHT platform](#).
- Connect you with other relevant resources on campus.

**Take the [H&D Self-Guided Module for Students](#)**

# Student Resources

## We're here to help!

[Student Affairs](#) is your first point of contact to get you to the information, resources, programs, and services you need to thrive at Queen's.

## Scan for student resources!



### Contact Us

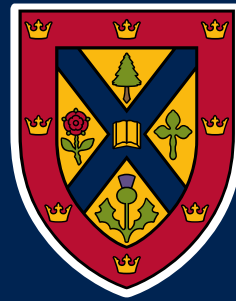
613-533-6944

[studentaffairs@queensu.ca](mailto:studentaffairs@queensu.ca)

Instagram:

[@queensustudentaffairs](https://www.instagram.com/queensustudentaffairs)





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