

Student Wellness and Safety Resources

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

2025-2026

Academics, Careers, and Leadership

Academics

- [Student Academic Success Services \(SASS\)](#) provides free writing and learning support through workshops, resources, and one-on-one coaching.
- Register with [Queen's Student Accessibility Services \(QSAS\)](#) for academic accommodations.

Careers

- Visit [Career Services](#) for career advising, resume and cover letter advice, leadership workshops, employer/recruiter sessions, job fairs, internship support, and the job board.
- Keep an eye on different units throughout the year for volunteer positions!



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

[Learn about financial aid options available](#) including scholarships, bursaries, Work Study, government student financial aid, and more.

Housing

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



Health and Wellness

[Student Wellness Services \(SWS\)](#) offers a wide range of supports and programs including:

- [Wellness Events](#)
- [Therapy](#) and [Therapy Groups](#)
- [Wellness Coaching](#)
- [Sexual and Reproductive Health Resources](#)
- [Medical Appointments](#)

Create your [TELUS Collaborative Health Record \(CHR\) Connect account](#) and download the app to book medical and mental health appointments online, get 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 the [Allyship & Belonging Student Calendar](#) for events for equity-deserving students and students wanting to become better allies.
- Get a Peer Mentor through the [Student Experience Office \(SEO\)](#)! For [first-year](#) and [upper-years](#).
- Find 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.

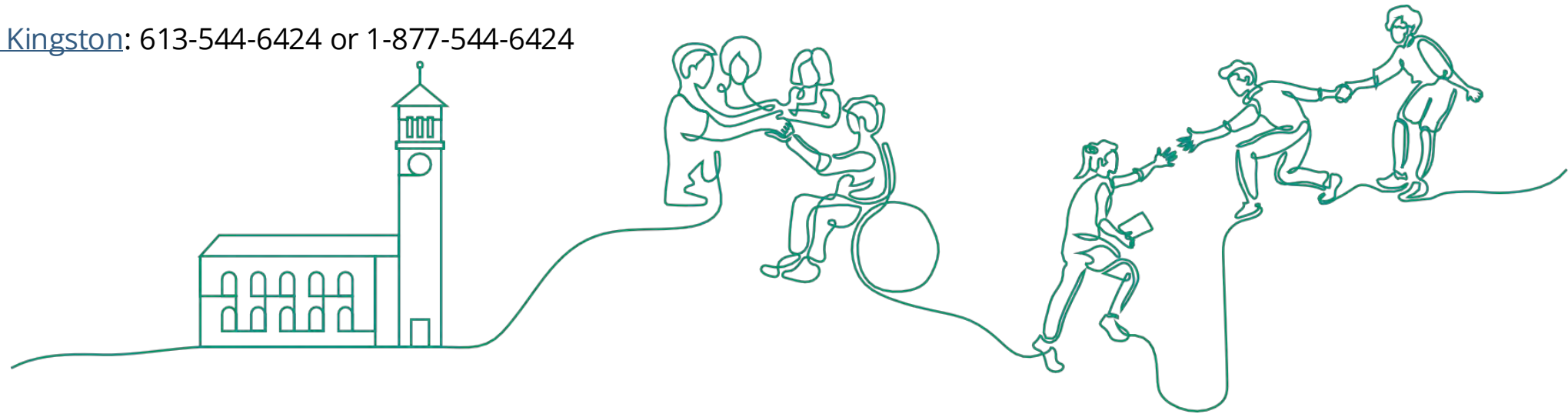
Sexual Violence Prevention and Response Services (SVPRS)

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.
- **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

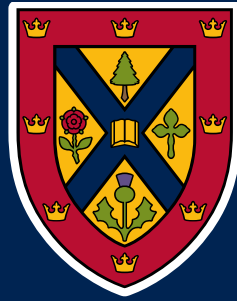
[Sexual Assault Centre Kingston](#): 613-544-6424 or 1-877-544-6424



Harassment and Discrimination Prevention and Support

A Harassment and Discrimination Free Campus is Our Responsibility

- Learn more about the university's [harassment and discrimination policy and complaint and reporting procedures](#) and accompanying [training modules and resources](#).
- There are options to [make a complaint](#) or [report being a witness](#) to, or being aware of, discrimination, harassment, or reprisal. Additional options include:
 - [Consulting with a campus human rights advisor](#)
 - Sharing information through the IN-SIGHT Harassment, Discrimination, and Bias/Hate Incident [Anonymous Submission Form](#)
- Get informed with [training modules and resources](#) through the Human Rights & Equity Office.



Queen's
UNIVERSITY