STUDENT MENTAL HEALTH RESOURCES

Student Wellness Services
613.533.2506, Mitchell Hall
Visit queensu.ca/studentwellness for hours

Queen’s 24 hr Emergency Report Centre 613.533.6111 or 911

24 hr Community Crisis Line
613.544.4229

Good2Talk
24/7 helpline 1.866.925.5454

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

AMS Peer Support Centre
613.533.6000 ext. 75111
Rooms 24 and 36, JDUC

Graduate Peer Support Centre
613.533.2233
Room 205, JDUC
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