

STUDENT MENTAL HEALTH RESOURCES



Queen's
UNIVERSITY

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**