

STUDENT MENTAL HEALTH RESOURCES



Queen's
UNIVERSITY

Student Wellness Services

613.533.2506, Mitchell Hall
queensu.ca/studentwellness

Empower Me

24/7 crisis line 1-844-741-6389

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 ThePath-ca.TaoConnect.org

AMS Peer Support Centre

613.533.6000 ext. 75111
peersupport@queensu.ca

Graduate Peer Support Centre

613.533.2233
sgps.ca/graduate-peer-support-centre

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**