

WE'RE HERE TO HELP

Amidst the current COVID-19 pandemic, with most offices functioning remotely, please use the following emails and phone numbers when reaching out for support.



EMERGENCY SERVICES 24/7/365

Fire-Police-Ambulance **911**
Queen's Emergency Report Centre **613-533-6111**

QUEEN'S CAMPUS SUPPORTS

Campus Security (non-emergency or general inquiries) 24hrs **613-533-6733**

Faith and Spiritual Life **chaplain@queensu.ca**
For confidential, spiritual support

AMS Peer Support Centre **peersupport@ams.queensu.ca**

SGPS Graduate Peer Support Centre **sgps.ca/graduate-peer-support-centre/**

Student Wellness Services **613-533-2506**

- **Health and Counselling Services:** Mon–Fri, call or go to queensu.ca/studentwellness for hours
- **TAO:** 24/7 Online Self-Help Mental Health Resources queensu.ca/studentwellness/TAO
- **Empower Me:** 24/7, 365 support for students in crisis **1-844-741-6389**

Walkhome **613-533-9255**
Student-run safety service

COMMUNITY-BASED SUPPORTS

Addiction and Mental Health Services Kingston: Crisis Line 24hrs **613-544-4229**

Good2Talk: Post-Secondary Student Mental Health Helpline 24hrs **1-866-925-5454**

Lesbian, Gay, Bisexual & Transgender Youth Line Sun–Fri 4:00pm–9:30pm **1-800-268-9688**

Telephone Aid Line Kingston 7:00pm–3:00am **613-544-1771**

Telehealth Ontario: Medical Advice 24hrs **1-866-797-0000**

IF YOU EXPERIENCE SEXUAL VIOLENCE

Queen's Sexual Violence Prevention and Response Coordinator **bjl7@queensu.ca**
Barb Lotan **613-533-6330**

Mon–Fri for support, information, and to review your options

- Go to a safe place. Call **Queen's Emergency Report Centre** or **911** **613-533-6111**
for safety assessment and planning
- Seek medical care, STI and pregnancy prevention, and evidence **613-549-6666**
collection at the **Kingston Health Sciences Centre Emergency Dept. – KGH Site** ext. 4880
 - Ask for the Sexual Assault/Domestic Violence (SA/DV) Nurse
Mon–Fri 8am–4pm: **613-549-6666 ext 4880**
After hours: **613-548-3232 press 0**
- Contact **Sexual Assault Centre Kingston** for 24/7 crisis support **613-544-6424**
- Call **Student Wellness Services** for counselling support and assistance **613-533-2506**