

STUDENT MENTAL HEALTH RESOURCES



Queen's
UNIVERSITY

Student Wellness Services

613.533.2506

Health & Counselling Services

September – April

Monday – Thursday, 9 am – 7:30 pm

Friday, 9 am – 5 pm

May – August

Monday – Friday, 8:30 am – 4:30 pm

Queen's 24-hr Emergency

Report Centre 613.533.6111

24-hr Community Crisis Line

613.544.4229

911

AMS Peer Support Centre

613.533.6000 ext. 75111

Room 24 and 36, JDUC

SGPS Student Advisor Program

advisors@sgps.ca

Room 31, JDUC

HOW TO HELP A FRIEND

- Reach out and express concern
- Listen attentively and patiently
- Offer support and understanding
- Provide resource info

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