Where can I access support following an extenuating circumstance?

Campus Resources

**Student Wellness Services**  
Medical, Mental Health, Accessibility Services and Health Promotion  
queensu.ca/studentwellness  
613.533.2506, Main Floor, Mitchell Hall

**AMS Peer Support Centre**  
http://amspeersupport.com/  
613.533.6000 ext. 75111  
Rooms 24 and 36, JDUC

**SGPS Graduate Peer Support Centre**  
http://sgps.ca/graduate-peer-support-centre  
613-533-2233, JDUC 205

**Ban Righ Centre**  
Support for women of all ages  
https://banrighcentre.queensu.ca/  
613.533.2976, 32 Bader Lane

**Faith and Spiritual Life**  
Confidential counseling, ceremonial services, interfaith community development and spiritual support  
http://queensu.ca/faith-and-spiritual-life  
613.533.2186, 2nd Floor, Mitchell Hall

**Queen’s University International Centre**  
A comfortable setting for relaxation, reading, conversation, and meeting people from other countries  
https://quic.queensu.ca/  
613.533.2604 2nd Floor, Mitchell Hall

**Four Directions Indigenous Student Centre**  
A home away from home, a hub of activity, & a key resource for Indigenous students  
http://queensu.ca/fourdirections  
613.533.6970 144 & 146 Barrie St.

**Sexual Violence Prevention and Response Coordinator (Barb Lotan)**  
Non-emergency support to help you understand your options & connect you with services following an experience of sexual violence  
http://queensu.ca/sexualviolencesupport.ca  
613.533.6330 (direct confidential line)  
bjl7@queensu.ca

**Student Academic Success Services**  
The Writing Centre and Learning Strategies  
http://sass.queensu.ca/  
613-533-6315, Main Floor, Stauffer Library

24/7 Resources

**Empower Me (24/7)**  
Confidential multilingual counselling  
1.844.741.6389

**Therapy Assistance Online (TAO)**  
Interactive tool to help you manage the stressors that can come with university life  
queensu.ca/studentwellness/tao

**Good2Talk (24/7)**  
Free, professional confidential counselling  
1.866.925.5454 good2talk.ca

**Telehealth Ontario (24/7)**  
Confidential advice from a registered nurse  
1.800.797.0000

For additional questions contact your Faculty/School Office OR intake.wellness@queensu.ca or 613.533.6000 X 74842 at Student Wellness Services