

Student Wellness and Safety Resources 2024-25

Campus Services and Student Affairs – We're here to help!

 queensu.ca/studentaffairs

 [@queensustudentaffairs](https://www.instagram.com/queensustudentaffairs)



Take Care of Yourself!

Sleep!

Goal: 7-9 hours of quality sleep a night.

Make a 1-on-1 appointment with a [Peer Wellness Coach](#) to get started.

 queensustudentwellness

Move!

Goal: Move more, sit less.

Take a walk, run, or check out the [ARC](#).
See if [Prescription Exercise at Queen's \(PE-Q\)](#) is right for you.

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Eat!

Goal: Incorporate veggies, fruits, proteins, and complex carbs in your meals.

Not sure where to start?

- [Bewellatqueens](#) food recipes & articles
- [The Scoop](#) nutrition & food blog
- [Healthy cooking sessions](#) with Peer Health Educators
- [Food access resources](#) on and off campus

Connect!

Goal: Get involved and build your community.

Check out [spaces](#), [student clubs](#), and events, including the [Allyship & Belonging Student Calendar](#).

Get a Peer Mentor! For [first-year](#) and [upper-years](#).

Scan the latest [The Pulse newsletter](#) for key dates & info.



Empower Yourself by Being Proactive

Academic Skills

Goal: Sharpen your academic skills.

[Student Academic Success Services \(SASS\)](#) provides writing and learning support through workshops, resources, and one-to-one coaching.

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Finances

Goal: Understand all your financial options.

[Learn what financial aid options](#) are available. Have questions? Contact financialaid@queensu.ca.

 queensu.ca/registrar/financial-aid

Career Planning

Goal: Get work experience and receive career guidance.

Visit [Career Services](#) for career advising, resume and cover letter advice, workshops, employer/recruiter sessions, job fairs, internship support, and the job board.

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Leadership & Development

Goal: Build leadership skills.

Complete a leadership workshop series or other certificate program, or become a peer mentor with the [Student Experience Office \(SEO\)](#).

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Mental Health Supports

[Student Wellness Services](#): 613-533-2506 or come to Mitchell Hall, Floor 1

Medical, Mental Health and Accessibility Services available Mon–Fri

24HR Supports

There are several [crisis and mental health resources](#) available, including [Empower Me](#).

[Good2Talk, Crisis Response](#): 1-866-925-5454 (text: GOOD2TALKON to 686868)

[Suicide Crisis Helpline](#): Call or text 9-8-8

Emergency and Safety Services

Save these numbers in your phone contacts

Life threatening emergencies: 911

Queen's Emergency Report Centre (24hr): 613-533-6111

Campus Security Non-Emergencies (24hr): 613-533-6080

AMS Walkhome: 613-533-9255

Campus Observation Room (COR): 613-533-6911  queensucor
for students who have had too much to drink (fall term only)

National Overdose Response Service (NORS): 1-888-688-NORS(6677)

Download

SeQure App: for quick access to all the Campus Security and Emergency Services resources.



Outdoor Emergency Phones across campus are identified by their blue lights or yellow boxes.

Sexual Violence Prevention and Support Services

Non-judgmental support for all students impacted by sexual violence and intimate partner violence.

Contact the Sexual Violence Prevention & Response Coordinator, Barb Lotan, for information about supports/services and other options: bjl7@queensu.ca

Visit the [SVPRS website](#) for resources and information, including the [VESTA online support hub](#) that allows survivors to record experiences in a trauma-informed format with the options to remain anonymous and to notify SVPRS and/or police.

Get informed by participating in a workshop, or completing the [It Takes All of Us](#) online learning program, or the [Gender Based Violence, Awareness and Bystander Intervention](#) certificate program.

24/7 Crisis and Support Line

Sexual Assault Centre Kingston: 613-544-6424 or 1-877-544-6424





Harassment and Discrimination Prevention and Support

A Harassment and Discrimination Free Campus is our Responsibility

Learn more about the university's [harassment and discrimination policy and complaint and reporting procedures](#) and accompanying [training modules and resources](#).

There are options to [make a complaint](#) or [report being a witness](#) to, or being aware of, discrimination, harassment, or reprisal. Additional options include:

- [Consulting with a campus human rights advisor](#)
- Sharing information through the IN-SIGHT Harassment, Discrimination, and Bias/Hate Incident [Anonymous Submission Form](#)

Get informed with [training modules and resources](#) through the Human Rights & Equity Office.



Update Your Contact Info in SOLUS



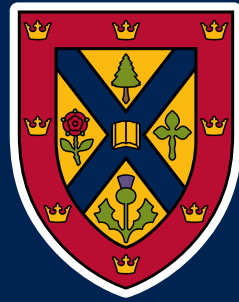
Phone Number



Current Address



Emergency Contact



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