

Centre for Neuroscience Studies: Mental Health Resources

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Emergency and Crisis Services

If you or someone you know is in immediate danger, please call 9-1-1

a. Kingston/Ontario Services:

Addiction & Mental Health Services (KFL&A)

Crisis line available 24/7 to Kingston residents. There is a mobile service that can come to you if required.

Phone: 1-866-616-6005 or 613-544-4229

Distress and Crisis Ontario

Crisis Chat: <https://www.dcontario.org/> (2pm-2am ET)

Crisis Text: 258258 (2pm-2am ET)

Good2Talk

24/7 service available to all post-secondary students in Ontario to connect them with qualified counsellors.

Phone: 1-866-925-5454

Text: GOOD2TALKON to 686868 (for connection to a crisis responder)

LGBT Youthline Ontario

An Ontario-wide peer-support service for lesbian, gay, bisexual, transgender, transsexual, two-spirited, queer, and questioning young people. This service is available through text and live chat and connects individuals with peer support volunteers.

Text: 647-694-4275

Website: <https://www.youthline.ca/>

Phone: 1-800-268-9688

Telehealth Ontario

Ontario residents can call and seek advice from a registered nurse. This resource is available 24/7.

Phone: 1-866-797-0000

b. Canada-wide Services:

Crisis Services Canada: Canada Suicide Prevention Service

Phone: 1-833-456-4566 (24/7/365)

Text: 45656 (4pm-midnight ET)

Website: <https://www.crisisservicescanada.ca/en/>

Hope for Wellness

This service is offered to Indigenous peoples across Canada to provide immediate crisis intervention or mental health counselling. The Hope for Wellness Help Line is available 24/7. The phone service and online platform are offered in English and French, as well as Cree, Ojibway, and Inuktitut.

Help Line: 1-855-242-3310

Online Chat: www.hopeforwellness.ca

Wellness Together Canada

A free service available 24/7 to everyone across Canada providing immediate crisis intervention, one-on-one sessions with counsellors, peer support groups, and phone counselling.

Phone: 1-866-585-0445

Crisis Support: Text WELLNESS to 741741 (24/7)

Online: <https://www.wellnesstogether.ca/en-CA>

Kids Help Phone

This service is available 24/7 to Canadians aged 5 to 29 who are in need of confidential and anonymous care from trained mental health responders.

Phone: 1-800-668-6868

Text: CONNECT to 686868

Website: <https://kidshelpphone.ca/>

International SOS (ISOS)

Provides 24/7 assistance to students living or studying abroad. Worldwide helpdesks assist with urgent medical issues, security and logistical questions, medical advice, and other concerns.

Phone: 1-215-942-8226

Queen's Mental Health Services

For more information, please see the Queen's Student Wellness Service website: <https://www.queensu.ca/studentwellness/get-help-now>

a. Crisis Support and Appointments

Crisis Mental Health Support at Students Wellness Services

Students who present with safety concerns or who need urgent help with emotional regulation will be triaged and connected with a crisis counsellor that same day.

Phone: 613-533-2506 (8:00am-4:30pm Monday-Friday)

Email: counselling.services@queensu.ca

Address: Côte Sharp Student Wellness Centre, 1st floor Mitchell Hall, 69 Union St.

Mental Health Appointments

Various mental health professional services available (generalized counsellors, specialized counsellors, and mental health therapists)

Phone: 613-533-2506

Website: <https://www.queensu.ca/studentwellness/mental-health/model-care>

Empower Me

Free service available 24/7 for all Queen's students to connect with qualified counsellors, consultants, and life coaches. Support offered in various languages (i.e., English, French, Mandarin, Spanish, Russian, German, and Italian). Mobile app available to increase convenience and accessibility – search “EAP Optima” and to create your account on the app, use access code: 45295QG32.

Phone: 1-833-628-5589

Website: <http://studentcare.ca/EmpowerMe>

Healthy Lifestyle Appointments & Peer Wellness

30 minutes one-on-one appointments for students who want to change a health habit.

- Professional healthy lifestyle appointments are offered for students looking to improve sleep, eating, and/or physical activity habits as well as developing proactive mindfulness strategies.

Website: <https://www.queensu.ca/studentwellness/health-promotion/request-appointment>

- Peer wellness coaching appointments are offered for students looking to increase physical activity, decrease sedentary time and better sleep.

Website: <https://www.queensu.ca/studentwellness/peer-wellness-coaching-request-appointment>

b. Catered Counselling and Advising Services

Ban Righ Centre

The Ban Righ Centre was created to assist women-identified students of all ages, especially those returning to university after time away. The Centre is located on campus and is a hub of campus life for mature women students and mothers. What they offer:

- Student advising, financial assistance, practical and personal support
- Promotes university resources (intellectual, scholastic, cultural, recreational)
- Facilitates the participation of women in campus functions
- Advocates on behalf of mature women students and student mothers
- Brings staff, faculty, and students together in an environment which encourages mutuality and equality
- Provides a continuing education program of speakers and visiting scholars open to the broader community

Located at 32 Bader Lane Kingston, ON K7L 2S8

Phone: 613-533-3976

Website: <https://www.queensu.ca/ban-righ-centre/>

Four Directions

The Four Directions Indigenous Student Centre (4D) is open and committed to being of service to Indigenous Students at Queen's University. 4D hosts in-person and virtual programming and events. What they offer:

- Online academic advising, cultural counselling, and support
 - Email: 4direct@queensu.ca
- Indigenous students looking to access counselling can connect with a Cultural Counsellor
 - Email: 4d.counsellor@queensu.ca

Located at 144-146 Barrie Street Kingston K7L3J9

Phone: 613-533-6970

Website: <https://www.queensu.ca/fourdirections/>

QUIC

Queen's University International Centre (QUIC) is committed to supporting students, staff, and faculty in the building of diverse and inclusive communities by providing programming that support transition and successful student experience. QUIC offers various workshops, info sessions and intercultural training, and periodically presents to campus groups at different occasions through the year. What they offer:

- Confidential individual Drop-in Advising on Zoom with international student advisors.
 - Offered Mondays-Thursday 10:00-11:00 am and 3:00-4:00 pm
 - Link: [on Zoom – click here to access](#)
- Virtual appointments with an international student advisor
 - Email: isa@queensu.ca
- International Student Handbook
 - Link: [International Student Guidebook](#)

Located in Mitchell Hall, open Monday-Friday 8:30-4:30

Website: <https://quic.queensu.ca/>

Yellow House

Yellow House is a safe, comfortable, and accountable space for queer, racialized, and marginalized students to create community, to feel empowered, to empower others, to celebrate and to honour their histories. They seek to engage students in initiatives that actively dismantle oppressive, racist, and colonial ideologies and practices. Yellow House serves students through 4 goals. What they offer:

- Counselling Services
 - Provided through Student Wellness Services, appointments can be made by:
 - Phone: 613-533-2506 (8:00-4:30 Monday-Friday)
 - Website: <https://www.queensu.ca/yellow-house/resources/counselling-services>
 - Email: counselling.services@queensu.ca
 - Shannon Gendron, LGBTQ2S+ Counsellor
 - Email: shg1@queensu.ca
 - Dr. Arunima Khanna, Psychologist, Cross Cultural
 - Email: 7ak1@queensu.ca@queensu.ca
 - Everett Lawrence Adams, Psychologist
 - Email: counselling.services@queensu.ca
 - Lisa Doxator, Cultural Counsellor at 4D
 - Email: lmd9@queensu.ca
- For Us By Us: Resources to Support QTBIPOC Student Success
 - These resources empower, build, and support students in the Queer, Trans, Black, Indigenous, and People of Colour communities on campus by centralizing and highlighting information, resources, and spaces pertinent to QTBIPOC students' lives.
 - Website: <https://www.queensu.ca/yellow-house/resources/us-us-resources-support-qtbi poc-student-success>
- QTBIPOC Clubs
 - Website: <https://www.queensu.ca/yellow-house/meet-clubs>

Located at 140 Stuart Street Kingston K7L 2V8

Phone: 343-363-4484

c. Wellness Groups

Several student-only, multi-session wellness groups and one-time events are offered to provide participants with the opportunity to learn skills to improve their health and well-being while also connecting with other students and health professionals. These are facilitated by health care professionals and run 6 to 8 weeks depending on the group. These groups are offered both in the fall and winter terms, starting in October and February. If you would like more information about these groups, please consult the descriptions found on this page, or email counselling.services@queensu.ca. Register for all upcoming groups through the Student Wellness Calendar: <https://www.queensu.ca/studentwellness/event-calendar>

Mindfulness for Stress Reduction and Improved Focus

This group is designed to help students improve their focus and decrease stress by introducing various mindfulness techniques. Students learn ways to be present, regulate their mood and focus their attention during stressful periods.

Motivation Monday: Damn Your Depression

This is a 6-week professionally facilitated therapy group designed for students struggling with depression and lack of motivation. Various topics will be discussed, and students will learn how to tackle problems to manage stress.

Managing Powerful Emotions

This is a 10-week professionally facilitated therapy group for students who are struggling to manage overwhelming emotions. It is designed to help individuals deal with crises and teaches how to control unwanted behaviours.

Managing Overwhelming Stress and Anxiety

This is a 6-week psycho-educational group for students who experience overwhelming stress and anxiety. Students will learn how to better understand signs and symptoms of anxiety and find evidence-based strategies to help you cope. Sessions will focus on identifying and changing unhelpful thought patterns, and learning ways to live a happier, more balanced and satisfying life.

Navigating University with Autism

This is an 8-week professionally facilitated group designed to help students with autism succeed in a university environment. Students will get an opportunity to come together to share strengths and learn strategies to successfully navigate an environment designed for the neurotypical.

PEGaSUS Group for Survivors of Sexual Violence

This is an 8-week professionally facilitated group that is a safe space for students who have experienced sexual violence. Through support and education, students will get an opportunity to gain skills and strengths that build resiliency and lead to a sense of self-empowerment.

Far from Home: New to Canada

This is a 6-week professionally facilitated group for international students who are struggling with the transition from a different country, culture, and traditions to Canada. It will be facilitated by therapists who were themselves international students in Canada. This group can help students who may be missing home and the support of family and friends and want to find community and a sense of belonging at Queen's.

Mindful Moments

Each week a Student Wellness Services therapists will introduce a new mindfulness technique and lead students through a 15-minute practice which they can start incorporating into their day.

Managing Depression and Anxiety for a Good Mind (Four Directions)

This is a 10-week professionally facilitated therapy Sharing Circle that is open to all Self-Identified Indigenous Queen's students currently living in Ontario who are struggling to manage overwhelming emotions. It is designed to help individuals deal with crises and teaches management of unhelpful behaviours.

Navigating Substance Use

This is an 8-week multi-session group led by professional counsellors to help students receive support for issues related to substance use, misuse, or abuse. Open to all students from Queen's University and St. Lawrence College, it gives participants the opportunity to connect with others in a supportive peer-group setting.

Taming Your Anxiety

This is a 6-week psychoeducation group for students who want to gain practical skills to tame anxiety. Students will learn how to better understand signs and symptoms of anxiety and find evidence-based strategies to help them cope. Sessions will focus on identifying symptoms of anxiety, learning about the relationships between thoughts, feelings, and behaviors, and changing the unhelpful patterns.

Self-Directed Workbooks and Programs

Your Best You: Improving Your Mood

This workbook aids in helping to understand your mood and developing practical problem solving. It includes a list of campus and community resources for extra support as well as worksheets to practice exercises. Access the workbook here:

https://www.queensu.ca/studentwellness/sites/swswww/files/uploaded_files/PDF/Mental%20Health%20Workbooks/Improving%20Your%20Mood_Mental%20Health%20Workbook%20-%20fall%202020.pdf

Your Best You: Managing Your Anxiety

This workbook aids in helping to understand your anxiety, developing techniques to manage anxiety, and discover coping strategies for specific types of anxiety. It includes a list of campus and community resources for extra support as well as worksheets to practice exercises. In addition is an online module developed for students to assist in learning and improving coping skills to manage anxiety. Access the workbook here:

https://www.queensu.ca/studentwellness/sites/swswww/files/uploaded_files/PDF/Mental%20Health%20Workbooks/Managing%20Your%20Anxiety_Mental%20Health%20Workbook%20-%20fall%202020.pdf

Just as I Am: The Practice of Self-Care and Compassion

This workbook aids individuals in learning methods to face difficulties, develop soothing techniques to occupy the mind, and finding ways to navigate life with confidence. Access the workbook here:

https://www.queensu.ca/studentwellness/sites/swswww/files/uploaded_files/PDF/Mental%20Health%20Workbooks/Just%20As%20I%20Am_Mental%20Health%20Workbook%20-%20fall%202020.pdf

Therapy Assistance Online (TAO)

TAO is an online, mobile friendly library of engaging, interactive pathways that promote wellness and can help you bounce back from challenging times. The self-directed paths are backed by science to help students improve their mental health. TAO is self-directed and completed at your own pace.

How to Sign Up:

1. Visit <https://ca.taoconnect.org/register>
2. Enter your name and Queen's email address
3. Create password
4. Leave the 'Enrolment Key' blank. Fill out the demographics and Informed consent form and click "Sign Me Up!"
5. Check your email for a confirmation link that you must use before signing in

Visit <https://www.queensu.ca/studentwellness/tao> to learn more about the different TAO pathways.

Mental Health Training for Students, Staff, and Faculty

Mental Health Essentials for Professors, Instructors, & TAs

Free 30-minute online session that provides essential skills to professors, instructors, and TAs in supporting student mental health. The training includes a very brief overview of student mental health, including how to recognize, support and refer at Queen's, and the resources available and the rights and responsibilities of educators as they relate to extenuating circumstances and academic accommodations. Register through the student wellness calendar: <https://www.queensu.ca/studentwellness/event-calendar>

Identifying and Responding to Students in Distress

Free 1-hour online training session to help students, staff, and faculty understand how to recognize when someone is struggling and what you can do to support them. You'll learn about the dual continuum model for mental health and be given strategies to help someone who is in immediate distress and/or in crisis. Participants will gain practical tips on what to say and do so they can connect someone with the appropriate resources. Register through the student wellness event calendar or complete the training online here: <https://rise.articulate.com/share/j7Rjcx0VxNIxqiJa04qcfelYRvIDNEkp#/>

Creating a Customized Self-Care Plan

Free 1-hour online training session to allow participants to learn stress management strategies. This training allows students, staff, and faculty to develop their own plan of action for self-care and health behaviour. Changing healthy behaviours can be hard but engaging in positive coping strategies is one of the more effective ways to manage stress. Register through the student wellness calendar or complete the training online here: <https://rise.articulate.com/share/egctXBvzpe2-wTrh8Jh-JQ84j1B-Wob5#/>

safeTALK

A 3-hour session that prepares participants to recognize people who are having thoughts of suicide by applying the TALK steps (Tell, Ask, Listen, KeepSafe) and to connect them to a suicide first-aid intervention caregiver. Powerful videos illustrate the importance of suicide alertness, while

discussion and practice stimulate learning. Register through the Student Wellness Calendar. Costs: \$10 for students, \$20 for staff/faculty

Online Suicide Alertness Training

This is a 2-part online training module for students, staff, and faculty to aid in suicide awareness.

Part 1: LivingWorks Start (1–2 hours)

This is an evidence-based training program that introduces a four-step model for helping keep someone safe from suicide. It uses simulations and interactive videos to build and practice helping skills. This training is hosted by LivingWorks, an organization specializing in suicide prevention training. START is self-directed, completed independently and at your own pace.

Part 2: Live Webinar Debrief (1 hour)

Completed after the LivingWorks START training, this live ZOOM webinar provides an opportunity to debrief about the training, address questions or concerns, and review campus and community resources. The webinar is facilitated by staff from Queen's who are certified safeTALK trainers.

Register through the Student Wellness Calendar. Costs: \$20 for students, \$40 for staff/faculty

Mental Health First Aid

A full 2-day training program designed to improve mental health literacy through understanding mental health issues. The purpose is to teach individuals how to assist someone showing signs of a mental health problem or experiencing a mental health crisis. Register through the Student Wellness Calendar. Costs: \$50 for students, \$75 for staff/faculty

Applied Suicide Intervention Skills Training (ASIST)

A 2-day interactive workshop in suicide first aid that teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Register through the Student Wellness Calendar. Costs: \$50 for students, \$75 for staff/faculty

Additional Mental Health Resources

a. Websites:

Mental Health Passport – Guide to Mental & Physical Health

A Pocket Guide of many topics and tools that mental health care professionals found to be important on one's journey to creating positive mental health habits.

Website: <https://pipsc.ca/labour-relations/stewards/pocket-guides/mental-health-passport>

Have THAT talk

Website dedicated to raising awareness about the importance of mental health. Video and activity guides for individuals and workplace to aid in reducing mental health stigma, increasing support, and encouraging people to get the help they need.

<https://www.ottawapublichealth.ca/en/public-health-services/have-that-talk.aspx>

The Mental Health Continuum

The Mental Health Continuum is a scale developed to aid individuals in assessing where they lie in terms of their mental health. It can be used to help individuals to help identify life factors that can contribute to their mental health and stress levels.

https://theworkingmind.ca/sites/default/files/resources/r2mr_poster_en.pdf

MindBeacon

Free therapist guided mental health support for Ontario residents to help cope with stress, anxiety, depression etc. Completely online sessions developed to fit your personal needs.

<https://info.mindbeacon.com/freetherapy>

Together All

A free, safe, online peer-to-peer mental health community that is available 24/7. This service was designed to aid individuals struggling with anxiety, depression, and other common mental health problems.

<https://togetherall.com/en-ca/>

BounceBack Ontario

A free program managed by the Canadian Mental Health Association (CMHA) Ontario. This program is available to adults and youth aged 15+ across

Ontario to aid in managing low mood, depression, anxiety, stress, and worry. This program is offered both over the phone with a coach, and online through videos.

<https://bouncebackontario.ca/>

AbilitiCBT

A free internet-based cognitive behavioural therapy (CBT) program offered to anyone in Ontario. CBT is an effective form of therapy in helping understand and change thoughts, feelings, and behaviours that may be contributing to poor mental health.

<https://myicbt.com/en-CA/home>

b. Books

Welcome Back! How to Reboot Your Physical and mental Well-being for a Post-Pandemic World

Written by the renowned physician Dr. Elaine Chin, this book is designed to help guide readers on a path towards resiliency and bounce back from health setbacks. The author provides insights and strategies to aid in reclaiming physical stamina and mental fitness after years of lockdowns.

Purchase on [Amazon](#) or Indigo [Indigo](#)

24/6 Giving Up Screens One Day a Week to Get More Time, Creativity, and Connection

Written by Tiffany Shlain, this book tells a story of how to give up screens for one day a week to provide yourself with more time, productivity, connection, and presence.

Purchase on [Amazon](#) or [Indigo](#)

Doing What Matters in Times of Stress: An Illustrated Guide

WHO developed work book for coping with stress. Designed to provide people with tools to manage stresses of daily life. This book is split into 5 sections and has exercise to complete as you read.

Link: <https://www.who.int/publications/i/item>

Change Your Brain, Change Your Life

Written by renowned neuropsychiatrist Dr. Daniel G. Amen, this book discusses new research and scientific evidence on how anxiety, depression, anger, obsessiveness, or impulsiveness is related to the functioning of specific structures in your brain.

Purchase on [Amazon](#) or [Indigo](#)

Hope and Help for Your Nerves: End Anxiety Now

Written by Dr. Claire Weekes, this book discusses the authors experience treating patients with anxiety. The author offers guidance on how to better understand and analyze your won symptoms of anxiety and hopefully give you the power to conquer your fears.

Purchase on [Amazon](#) or [Indigo](#)

c. Podcasts

Mental Illness Happy Hour

Host Paul Gilmartin interviews a variety of noted figures and celebrities about their experiences with mental illness or trauma. Gilmartin's interviews run the tackle topics like the link between sexual assault and PTSD to uncovering how being raised by a parent with alcohol use disorder can affect you in many invisible ways. Listen in Spotify and Apple Podcasts.

The Happiness Lab

Dr. Laurie Santos of Yale University attempts to demonstrate that your happiness is in your control in even the smallest ways. The host uses findings from scientific research to demonstrate the link between human behaviours and emotion.

Not Another Anxiety Show

Host Kelli Walker, a registered nurse, talks with guests about what anxiety is, why it happens, and how to deal with anxiety in daily life. Walker offers anxiety-busting tips and general self-care practices to incorporate into daily living. Listen on Apple Podcasts.

Here's Something Good

This is a short daily podcast that includes a mix of inspiring stories and actionable tips for living you best life. Listen on Spotify and Apple Podcasts.