

MENTAL HEALTH RESOURCES

#QueensMentalHealthMovement



"Mental health is fundamental to our collective and individual ability as humans to think, emote, interact with each other, earn a living and enjoy life." - WHO, 2018

Queen's University Resources

Help is always available, reaching out is the first step...

Crisis Hotlines

- Empower Me: 1-844-741-6389
- Good2Talk: 1-866-925-5454
- Queen's Emergency Report Centre: 613-533-6111

Counselling

- [Queen's Counselling Services](#)
- [Empower Me Online Counselling Services](#)

Less Formal Resources:

- [Graduate Peer Support Center](#)
- [Rehab Science Mental Health Committee](#)

Off-Campus Resources

- [Sexual Assault Centre Kingston](#)
- [Sexual Health Resource Centre Kingston](#)
- [Alma Mater Society Walkhome Resource](#)
- [Kingston Crisis Services](#)
- [Kingston Family Health Team Helplines & Services](#)
- [Kingston Southeast Healthline List of Services](#)
- [Kingston Health Sciences Centre Community Resources](#)

- Telehealth Ontario Hotline (For non-emergency medical advice): 1-866-797-0000
- Mental Health Helpline Ontario: 1-866-531-2600



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Mental Health Apps

- [The Mindfulness App](#)
- [Insight Timer](#)
- [PTSD Coach Canada](#)
- [CalmHarm](#)
- [Smiling Mind](#)
- [SAM](#)
- [Mindshift CBT](#)
- [Headspace](#)
- [Happify](#)
- [Calm](#)

Other Tips & Tricks

Try coping strategies such as:

- [Grounding](#)
- [Deep-Breathing](#)
- [Progressive Muscle Relaxation](#)
- [Journaling](#)
- [Practicing Gratitude](#)
- [Coloring](#)

Label **'thought distortions'** that you may be experiencing

Know the **symptoms of stress** to look out for

Try **challenging your negative thoughts**

Don't be afraid to **set boundaries** when necessary for your own well-being

Practice **self-compassion** and **self-care**