Queen's Mental Health Resources

Student Wellness Services (SWS)

- One-on-one counselling and mental health appointment, including specialized counsellors for certain populations
    - Book through the SWS website "Book Now" page, or email wellness.services@queensu.ca
- Skill-building group therapy on the SWS Therapy Groups page
- School of Graduate Studies mental health counsellor
    - Call 613-533-2506 or book at https://www.queensu.ca/studentwellness/appointments

SGPS Student Advisors

- Confidential peer-based support for graduate students
- https://sgps.ca/advisors/

Student Accessibility Services (QSAS)

- Academic accommodations for when disability, including a mental health condition, creates a barrier
- https://www.queensu.ca/accessibility-services/

Faith and Spiritual Life Centre at Mitchell Hall

- Multi-faith, non-judgemental support for spiritual, religious, and existential questions and conversations.
- Appointments with the interfaith chaplains to discuss issues connected to belonging, spirituality, grief, personal problems, and spiritual dimensions of mental health.
- Group and one-on-one appointments
- https://www.queensu.ca/faith-and-spiritual-life/

Voyagers

- Peer-led spirituality group for students seeking community and are interested in spirituality, meditation, and reflection.
- Mitchell Hall, Room 210
- Tuesdays, 7:30-9:00pm

Finally – consider talking with those closest to you if you're struggling. We're all in this together! Take good care.