

MENTAL HEALTH RESOURCES

QUEEN'S-BASED, KINGSTON-
BASED, AND CANADA-WIDE
RESOURCES

QUEEN'S BASED RESOURCES

QUEEN'S WIDE LINKS:

Student Wellness Services - Mental Health Services

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

Learn more about the scope of mental health services provided by Student Wellness Services here:

<https://www.queensu.ca/studentwellness/mental-health/scope-services>

Office of Faith and Spiritual Life

<https://www.queensu.ca/faith-and-spiritual-life/>

Faith and Spiritual Life offers inclusive and non-judgmental support for spiritual, religious, financial, and personal challenges. They strive to promote a welcoming environment through the provision of these services to students, staff, and faculty.

Empower Me

<https://www.queensu.ca/studentwellness/empower-me>

Empower Me is a confidential mental health and wellness service accessible to students at Queen's University and available 24/7, every day of the year. The service has professionals with various areas of expertise, including psychotherapy, nutrition, financial planning, and more to support students' diverse needs.

Therapy Groups, Events, & Training

<https://www.queensu.ca/studentwellness/groups-events-trainings>

On-campus therapy groups may provide individuals with the opportunity to improve their well-being while connecting with other students and health professionals. This resource outlines the various student-only therapy groups, student-led initiatives, and training resources that are accessible to students.

KINGSTON BASED RESOURCES

KINGSTON WIDE LINKS:

Addiction and Mental Health Services - Kingston Frontenac Lennox & Addington (AMHS-KFLA)

<https://www.southeasthealthline.ca/displayservice.aspx?id=72077>

AMHS Mental Health Walk-In Clinic, 24/7 Crisis Lines

<https://amhs-kfla.ca/programs-services/crisis/>

Walk-In Clinic & Crisis Services:

552 Princess Street, Mon-Fri 8:30am - 3:30pm;

70 Dundas Street East in Napanee, Mon-Fri 8:30am-3:30pm

AMHS-KFLA 24/7 Crisis Lines: Kingston & Frontenac,

613-544-4229; Lennox & Addington, 613-354-7388

Mobile Crisis Services

(In-Person Support in Varying Settings) are also available in response to calls to the crisis line where urgent in-person support is needed

Maltby Centre

<https://maltbycentre.ca/>

Maltby Centre provides mental health services for children, youth, young adults, and parents/guardians that include walk-in counseling clinics, ongoing treatment services, in-home coaching, crisis intervention, access to psychiatry and psychology consultation, and more.

GTA, ONTARIO AND CANADA RESOIORCES

GTA, ONTARIO AND CANADA WIDE LINKS:

Centre for Addiction and Mental Health (CAMH) - 9-8-8

<https://www.camh.ca/en/driving-change/988>

9-8-8 is a three-digit, bilingual, and 24/7/365 text/call helpline service in Canada that offers culturally affirming and trauma-informed support to anyone with thoughts of suicide, who is concerned about someone they know, or in need of support by connecting callers/texters with a trained responder.

Wellnest Psychotherapy

<https://campsite.bio/wellnesttherapy>

<https://www.wellnest.ca/>

Wellnest provides a variety of support services across diverse communities in Ontario, with an emphasis on psychotherapy and support that honours different identities and journeys, and is linguistically, religiously, and culturally compatible.

Across Boundaries

<https://acrossboundaries.ca/what-we-do/>

Across Boundaries serves communities across the Greater Toronto Area, providing inclusive, equitable, and holistic services for racialized individuals in the area of mental health and addiction.

Articles

Burn-out and Self-Care

<https://globalnews.ca/news/7736403/laziness-self-care-burnout/>

Self-Compassion and Self-Love

<https://globalnews.ca/news/7634411/what-is-self-love/>