

## Mental Health and Addiction Resources for Graduate Students

\*If you need support that you do not see on this list or are having trouble accessing the help you need when you need it, please let me know!

### **If experiencing a mental health emergency, call 911 or go to the emergency department:**

Kingston General Hospital Emergency Department (always open)

- 41 King St. W, Kingston
- Emergency Department direct line: 613-548-2333

Hotel Dieu Urgent Care Centre (8 AM-8 pm daily)

- 144 Brock St., Kingston
- Urgent Care Centre direct line: 613-546-1240

### 24/7 Support

Good 2 Talk - 1-866-925-5454 (available 24/7)

- <http://good2talk.ca/ontario/>
- Good2Talk is a free, confidential support service for post-secondary students in Ontario. First launched in 2013, Good2Talk is funded by the Ministry of Colleges and Universities. By calling Good2Talk at 1-866-925-5454, students can receive information and referrals about services and supports for mental health, addictions and well-being on and off campus and speak anonymously with a professional counsellor. Good2Talk can support students through a wide range of issues that may be impacting their mental health and well-being, including: depression, anxiety, substance abuse, academic stress, personal or family relationships, loneliness, financial concerns and other challenges facing students transitioning to post-secondary.

- Crisis lines are staffed 24/7, 365 days a year by experienced professionals who can provide immediate support, advocacy and referrals to appropriate services as needed. Crisis services are free, confidential and delivered in a respectful, non-judgmental manner by a multidisciplinary team of mental health and addiction specialists. Walk-ins are welcome during office hours at 552 Princess Street in Kingston and 70 Dundas Street East in Napanee (Mon-Friday 8:30 AM-4:00 pm).

Canada Suicide Prevention Service: toll-free 1-833-456-4566 Available 24/7 (toll free)  
Or text 45645 (4 pm-midnight)

- <http://www.crisisservicescanada.ca/en/>
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Connect through the Dialogue app or on the web

-Muse Biofeedback Mindfulness Appointments

- Therapy Assistance Online: A Free Self-Directed Wellness Tool  
- <http://www.queensu.ca/studentwellness/tao>

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Various organizations providing health and health-related information in an LGBTQ+ positive environment:

- <http://www.southeasthealthline.ca/listservices.aspx?id=10455&region=Kingston>