

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)

- o 41 King St. W, Kingston
- o Emergency Department direct support line 1-866-925-5454 (available 24/7)
 - o Good 2 Talk - 1-866-925-5454 (available 24/7)
 - o <http://good2talk.ca/ontario/>

- o [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 wellbeing 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.

- Empower Me 1-833-628-5589 in North America (international numbers available) 24/7 http://www.studentcare.ca/rte/en/IHaveAPlan_SGPS_EmpowerMe_EmpowerMe
Available to graduate students for 24/7 crisis support (365 days a year) and to book short-term solution-focused 1 on 1 counselling.
Empower Me has a number of professionals with various domains of expertise, including psychology, psychotherapy, social work, nutrition, etc., to support you and respond effectively to diverse needs. You can access services via telephone, videoconference, or in person (when permitted in accordance with public health guidelines and COVID-19 advisories).
This service is confidential, multilingual, culturally sensitive, gender inclusive, and faith inclusive. You can get support for issues of any kind, such as: stress or anxiety, depression, relationships or interpersonal conflicts, family responsibilities, substance misuse/abuse, disordered eating, time management, career counselling, financial planning or financial insecurity, nutrition, etc.

- Addiction and Mental Health Services 24/7 Crisis Lines:
 - o 24/7 Crisis Line for Kingston & Frontenac: 613-544-4229
 - o 24/7 Crisis Line for Lennox & Addington: 613-354-7388
 - o <http://www.amhskfla.ca/programs/services/crisis/>

Connect through the Dialogue app or on the web (as explained at the link above):
<http://www.dialogue.co/en/members/studentcare>

“As many students do, you may find it challenging to get adequate and affordable mental health support. But did you know that Conversation, a service offered in partnership with Dialogue, helps reduce barriers to care by ensuring fast access to support? No more waiting lists and high fees!”

-Allows for unlimited sessions, if you require longer term care.

-No fees (covered by the SGPS Health Plan).

-Habit-forming coaching sessions

Medical support from physicians who can diagnose some conditions and issue or renew prescriptions, so you don't need to consult a family doctor (as long as the condition falls within the scope of the service's practice)

- Psychotherapy sessions as needed

-Although your legal name will be required when you register, you can enter a chosen name and specify your gender identity. For anyone experiencing gender dysphoria or medically transitioning, Dialogue professionals can refer them, if they wish, to clinics that can offer them the be3 (H)4 (w)2 (dh, D)2 (i44 488.04D193p(l)-2

-Muse

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

- o <http://www.southeasthealthline.ca/listservices.aspx?id=10455®ion=Kingston>