

 [queensu.ca/studenta\\_airs](https://queensu.ca/studenta_airs)

 [@queensustudenta\\_airs](https://www.instagram.com/queensustudenta_airs)





# Empower Yourself by Being Proactive

## Academic Skills

Goal: Sharpen your academic skills.

[Student Academic Success Services \(SASS\)](#)  
provides writing and learning support through  
workshops, resources, and one-to-one coaching.






## Save these numbers in your phone contacts

Life threatening emergencies: 911

Queen's Emergency Report Centre (24hr): 613-533-6111

Campus Security Non-Emergencies (24hr): 613-533-6080

[AMS Walkhome](#): 613-533-9255

[Campus Observation Room \(COR\)](#): 613-533-6911  queensucor  
for students who have had too much to drink (fall term only)

[National Overdose Response Service \(NORS\)](#): 1-888-688-NORS(6677)

## Download

[SeQure App](#): for quick access to all the Campus Security and Emergency Services resources.



Outdoor Emergency Phones across campus are identified by their blue lights or yellow boxes.

# S a V c P a S S c

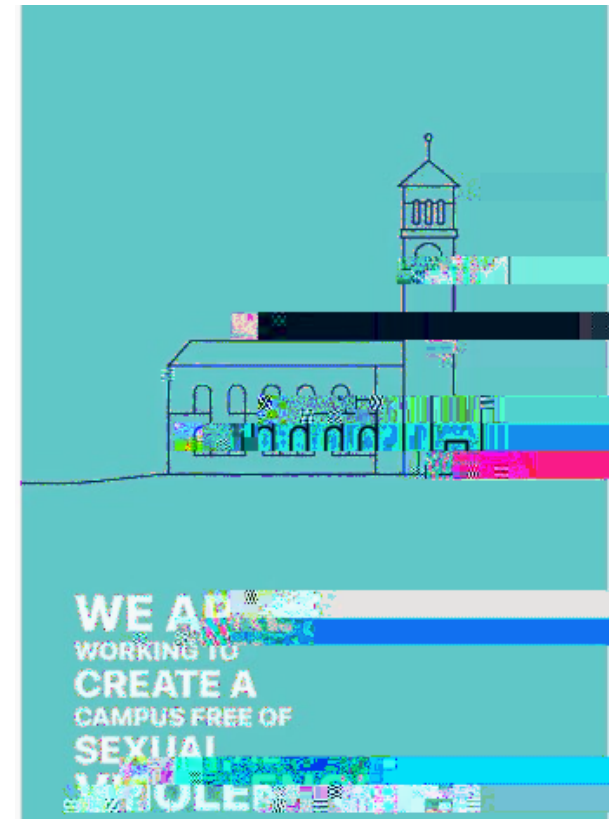
Non-judgmental support for all students impacted by sexual violence and intimate partner violence.

the Sexual Violence Prevention & Response Coordinator, Barb Lotan, for information about supports/services and other options: [bjl7@queensu.ca](mailto:bjl7@queensu.ca)

the [SVPRS website](#) for resources and information, including the [VESTA online support hub](#) that allows survivors to record experiences in a trauma-informed format with the options to remain anonymous and to notify SVPRS and/or police.

by participating in a workshop, or completing the [It Takes All of Us](#) online learning program, or the [Gender Based Violence, Awareness and Bystander Intervention](#) certificate program.

Sexual Assault Centre Kingston: 613-544-6424 or 1-877-544-6424



# Ha a a D c a P a S

A Harassment and Discrimination Free Campus is our Responsibility

Learn more about the university's [harassment and discrimination policy and complaint and reporting procedures](#) and accompanying [training modules and resources](#).

There are options to [make a complaint](#) \_\_\_\_\_

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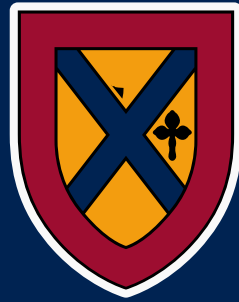
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## Update Your Contact Info in SOLUS







Queen's  
UNIVERSITY