

Mental Health Support in the Faculty of Engineering and Applied Science

Wellness Navigator

- Not sure what you need? Start here.
- Provides effective in-the-moment support, navigation of resources, and wellness planning for students with questions or concerns about their mental health and academics.
- Provides 1:1 personal, short-term advising services in consultation with Student Wellness Services, providing referrals as needed to address mental health concerns such as anxiety, depression and situational distress.
- Facilitates next steps of a student wellness plan by contacting the appropriate resource to refer, reviewing service intake requirements, and supporting seamless referral.
- Resource for staff and faculty when trying to support students.
- Can provide documentation for Academic Considerations.
- Book appts using online booking system, 30 min appts, on “Current Students” page of Eng website.

Graduate Student Counsellor

- The School of Graduate Studies and Postdoctoral Affairs has an embedded counsellor.
- Provides individual counselling services to graduate students.
- Offers group programs on mental health and wellbeing.
- Offered through Student Wellness Services and can be booked by calling SWS intake (613-533-2506)

SWS Fall Wellness Groups For Grad Students

- Peer Wellness Groups for Grad Students Facilitated by a SWS Counsellor.

- This year offering: "Grad Students Are People Too!" On Mondays

FALL 2023 WELLNESS GROUPS

Monday	<ul style="list-style-type: none"> • Queer Yer Mind • Grad Students are People Too! • Grief Support Group
Tuesday	<ul style="list-style-type: none"> • PEGaSUS Group for Survivors of Sexual Violence • Slumber Camp • EmPOWER Up! Weightlifting Group for Survivors of Sexual Violence • Managing the Blues and Reds: Turning the Dial Down on Signs of Depression and Anxiety
Wednesday	<ul style="list-style-type: none"> • Gender Splendor • Managing Powerful Emotions 2 • Getting Through Together for First Year Students
Thursday	<ul style="list-style-type: none"> • Managing Powerful Emotions 1 • Navigating University with Autism • Managing Overwhelm, Stress and Anxiety
Friday	<ul style="list-style-type: none"> • Far From Home: New to Canada

Register now at: queensu.ca/studentwellness/groups-events-trainings
Or scan QR code

Queens UNIVERSITY STUDENT AFFAIRS Student Wellness Services

Empower Me

- Students can call Empower Me to receive 24/7 crisis support (available 365 days per year) and book short-term solution-focused 1-on-1 counselling.
- Can sign-up for Dialgoue using their Queen's netID and password to book virtual appointments for longer-term mental health support through Conversation.
- Can learn more about Mental Health and other Health Resources available to Grad Students through your Health and Dental Plan at: studentcare.ca

Headspace

- Queen's Engineering Students to join us on [the most science-based meditation app](#) available, Headspace, to work towards a better [school-life balance](#).
- i.e. Free subscription for all students.
- Content specifically for student life/work life, anxiety, stress, motivation, low mood, relationships, etc.
- Lots of other content such a sleep suite, a women's collection, pride suite, cultivating black joy, and others.
- Also includes music designed to help you focus, movement and yoga for mindfulness, podcast and video lessons to help move through difficult situations.
- More to come, events, meditation groups, to look forward to.

Contact Info

- Booking with Wellness Navigator:

<https://engineering.queensu.ca/current-students/wellness-navigator.html>

Book in with SWS Counsellors: 613-533-2506

- Monique Dube, Engineering QSAS Advisor: - m.dube@queensu.ca