

# STUDENT MENTAL HEALTH RESOURCES

Out

## HOW TO HELP A FRIEND

- Express concern and say what you see
- Listen attentively and be patient
- Offer support and understanding
- Connect with resources

## EMERGENCY/SERIOUS SITUATIONS

- Any reference to wanting to die/suicide
- Expressed feelings of worthlessness, hopelessness
- Threats, disruptive or violent behaviour
- Extreme distress

## WHAT TO DO:

Call Student Wellness Services  
or Queen's 24 hr Emergency  
Report Centre or **911**

