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
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 Dialogoue 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