

# UPDATE YOUR SOLUS TODAY



Phone Number

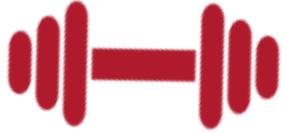


Current Address

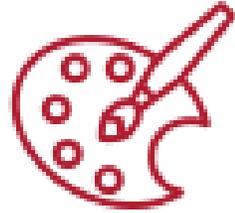


Emergency Contact

# How Do I Stay Healthy?



Try to move more  
and sit less



Get involved in  
activities you enjoy



Stay connected with  
friends & family



Make time  
for fun and relaxation



Make a schedule  
and TO DO lists to  
stay organized



Be kind to yourself;  
excellence does not  
require perfection

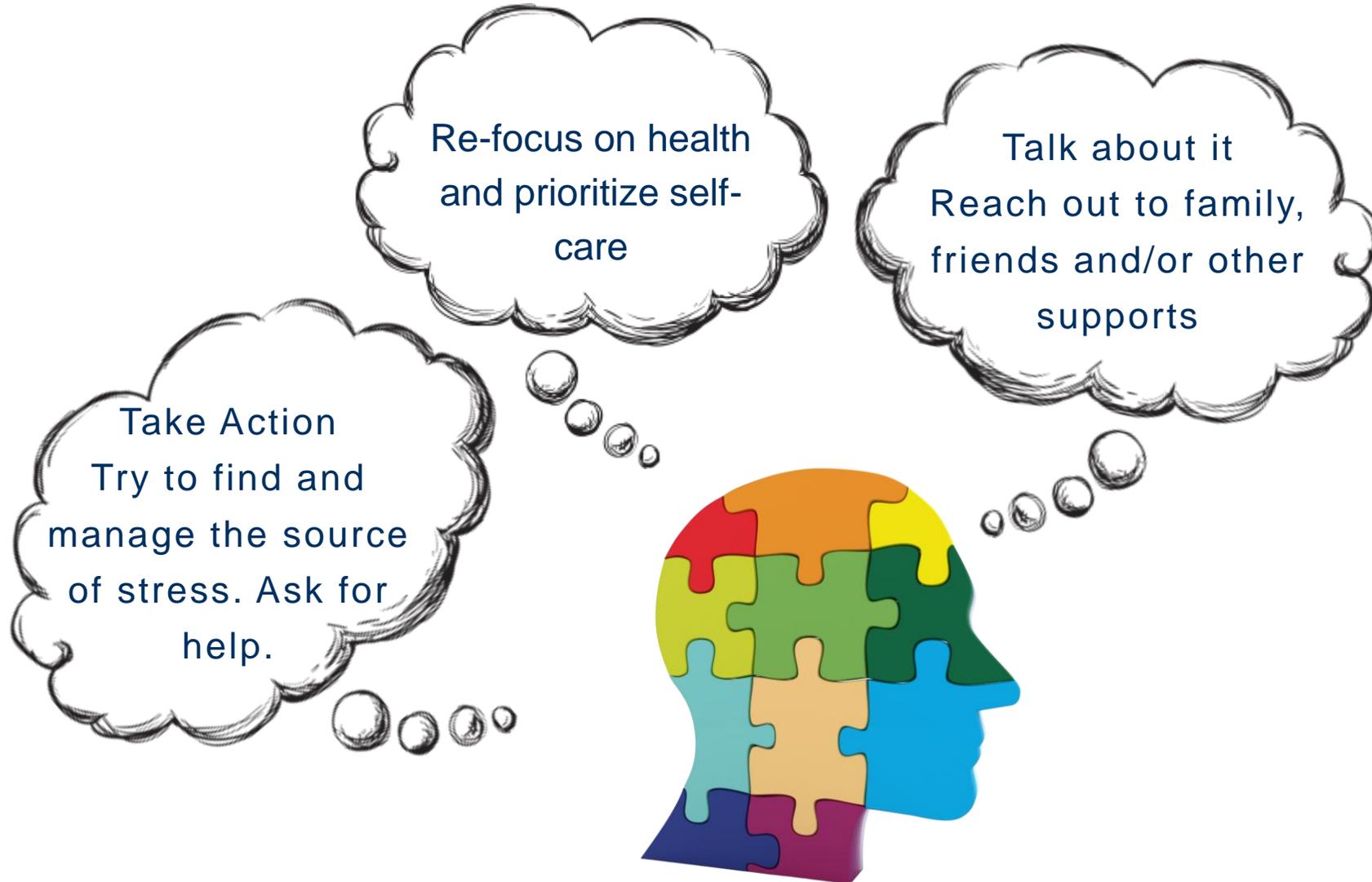


Try to sleep for 7-9 hours  
a night with consistent  
bed and wake up times



Try to have fruits and  
vegetables make up  
half of your diet

# Feeling Overwhelmed?



**24/7 Mental Health Support**  
**Therapy Assistance Online (TAO)**  
**Empower Me**  
1-833-628-5589  
**Good 2 Talk**  
1-866-925-5454

**Mental Health Resources**

[queensu.ca/studentwellness/mental-health](https://queensu.ca/studentwellness/mental-health)



# A safe return to campus

For the most up-to-date information  
on our safe return to campus  
visit [queensu.ca/safereturn](https://queensu.ca/safereturn).



It's our community.  
Keep it safe.



Queen's  
UNIVERSITY

# Where to Get Support



## Mitchell Hall

Student Wellness Services

613-533-2506

Faith & Spiritual Life

chaplain@queensu.ca

International Centre (QUIC)

QUIC@queensu.ca



## Career Services

mycareer@queensu.ca



## Inclusive Queen's

inclusivity@queensu.ca



## Need help & don't know where to start?

supportservices@queensu.ca



## AMS Peer Support Centre

peersupport@queensu.ca



## Four Directions Indigenous Student Centre

4direct@queensu.ca



## Student Experience Office

student.experience@queensu.ca



## Student Academic Success Services (SASS)

academic.success@queensu.ca

## Wellness Resources

[queensu.ca/campuswellnessproject/wellness-resources](https://queensu.ca/campuswellnessproject/wellness-resources)

## Student Resources

[queensu.ca/studentaffairs/](https://queensu.ca/studentaffairs/)

## Yellow House

QTBIPOC students

yellowhouse@queensu.ca

# Helping Out a Friend

**A**pproach

"I noticed that \_\_\_\_\_. I  
wanted to see if you need anything."

**L**isten

"That sounds difficult to deal with"  
"It sounds like you're feeling..."

**S**upport

"You are not alone"  
"Thank you for sharing with me"

**R**efer

"I know some resources that may help.  
Would you be interested?"

# Sexual Violence and Response Service

## Non-judgmental support for all students impacted by sexual violence:

- Information about options and on and off campus supports and services
- Information about both University and Police reporting processes, accompaniment/support in process, if requested
- Referrals to support services
- Assistance to access accommodations/academic considerations
- Safety planning

**Contact** the Sexual Violence Prevention & Response Coordinator, Barb Lotan, to make an appointment.

[bjl7@queensu.ca](mailto:bjl7@queensu.ca)

**Visit** [queensu.ca/sexualviolencesupport](http://queensu.ca/sexualviolencesupport) for more information.





## Policy Update Harassment and Discrimination

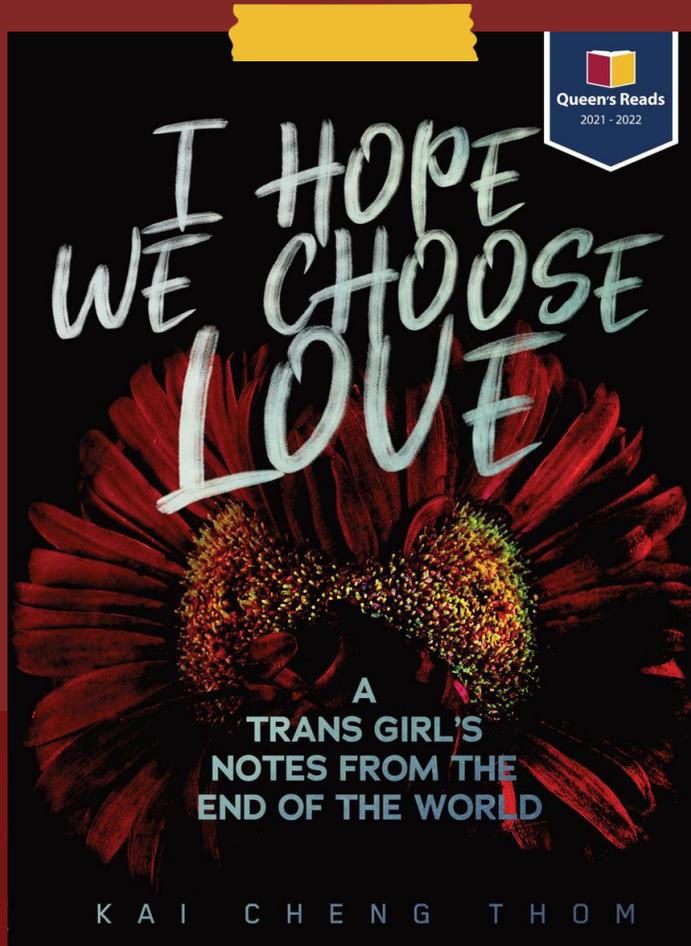
Allows students who have personally experienced harassment or discrimination to submit a formal complaint that will be investigated.

Also provides students with information on how to make an anonymous report, learn more about the policy, and learn what Queen's is doing to ensure it is a safe and welcoming place for everyone.

**Visit** [queensu.ca/secretariat/harassment-discrimination/overview](https://queensu.ca/secretariat/harassment-discrimination/overview) for more information.



"What can we hope for at the end of the world? What can we trust in when community has broken our hearts? What would it mean to pursue justice without violence? How can we love in the absence of faith?" - Kai Cheng Thom, *I Hope We Choose Love*



- A free copy of *I Hope We Choose Love* is available for all Queen's students, faculty, and staff. The e-book can be downloaded through the Queen's University Library. Limited physical copies will also be available in the fall.
- For information about book pick-up, the Queen's Reads program, and more details, visit: [queensu.ca/studentexperience/queensreads](https://queensu.ca/studentexperience/queensreads)
- Author Talk: Join us for a conversation with Kai Cheng Thom on March 3, 2022



(photo by Rachel Woroner)

# Did you know?

If you are a current Queen's student with Indigenous ancestry, you can self-identify any time through your SOLUS account.

Log into your SOLUS  
account at  
[myqueensu.ca](https://myqueensu.ca)

Go to  
"Personal Information"  
near the bottom of the  
page

Select "Aboriginal  
Self-Identification" from  
the drop-down menu  
on the left

For more information visit:

[queensu.ca/fourdirections/current-students/self-identification](https://queensu.ca/fourdirections/current-students/self-identification)



**Four Directions**  
Indigenous Student Centre

# Student Affairs

has many services from  
**academic, career and wellness supports,**  
to helping you **find your community**

We are here to help!

[queensu.ca/studentaffairs](https://queensu.ca/studentaffairs)