

## Gold Card

# Mental Health Resources

### Kingston and Queen's

#### Employee and Family Assistance Program (EFAP)

For 24-hour, confidential support call:  
1-(877)-789-7572

#### Manulife

1-800-268-6195  
Manulife.ca/MentalHealth

#### Addiction and Mental Health Services (Kingston)

Crisis (613)-544-4229 or  
1-866-616-6005  
Administration (613)-544-1356

### Ontario

#### Bounce Back Ontario

A free skill building program managed by the Canadian Mental Health Association  
1-(866)-345-0224

#### Health Connect Ontario

Connect with a Registered Nurse to discuss your health 24/7  
Call 811  
TTY 1-(866)-797-0000

#### Mental Health Helpline Ontario (Help in 170 languages)

1-(866)-531-2600

### Emergency

Emergency Services  
Call 911

#### Queen's 24-hour Emergency Report Centre

(613)-533-6111  
Blue lights with emergency telephones are located throughout campus

#### 24-hour Community Crisis Line

(613)-544-4229

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UNIVERSITY

**HUMAN RESOURCES**  
Employee Wellness  
Services

**Educate • Engage • Inspire**

[queensu.ca/humanresources](https://queensu.ca/humanresources)  
[employee.wellness@queensu.ca](mailto:employee.wellness@queensu.ca)  
(613) 533-6000, ext. 74962



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