

Mental Health Support For Graduate Students At Smith Engineering

Wellness Advisor

- 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!"

Grad Students Are People Too!

This professionally facilitated group is EXCLUSIVELY for Queens Grad students. Grad students have a unique set of circumstances and challenges that they juggle. If you are one of them, you deserve the support this confidential group of like-minded students can offer you. Don't struggle alone!

In this group you will:

- Have an opportunity to share your concerns and receive support from other grad students and from a therapist.
- Share solutions and coping mechanisms to better manage the unique pressures you face.
- Learn some strategies to manage your mental well being.
- Experience the benefit of a community who understands exactly what you are going through.

Offered in-person

F2024 dates/times: Thursdays 12:00-1:30pm, September 19 to November 7 (excluding October 14)

SGPS Student Advisors.

- Advisors are here to help you confidentially navigate many of the issues you may face as a graduate or professional student at Queen's.
- Provide advice, strategies for self-advocacy, referrals, attending meetings, helping draft and edit delicate emails, coaching and are available to assist with academic and non-academic concerns. Reach out to them at advisors@sgps.ca.

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 Dialogue 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 (you have coverage!) 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 Advisor:

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

☐ Book in with Eng Embedded Counsellors:

<https://smithengineering.queensu.ca/current-students/embedded-counsellor>

☐ Book in with SWS/Graduate Counsellors: 613-533-2506

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