



Student Wellness & Accessibility

Hours of Operation: Monday to Friday, 8:00 am to 4:00 pm, excluding holidays.

- Kingston: 613-544-5400, extension 5504
- Brockville: 613-345-0660, extension 3154
- Cornwall: 613-933-6080, extension 2709
- Email: wellness@sl.on.ca
- Website: <https://www.stlawrencecollege.ca/campuses-and-services/services-and-facilities/student-wellness-and-accessibility/>

For Spiritual Care Supports - email SpiritualCare@sl.on.ca

Wellness Resources (Non-crisis)



TAO is an online self-help resource, with modules for depression, anxiety, stress, addictions, pain management, in addition to a mindfulness library and screening tools to help you measure your progress.

- Create a TAO Account with your SLC email and password, and log in to TAO here: <https://ca.taoconnect.org/register>



BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable, or angry. BounceBack is not a crisis service, psychotherapy, or counselling, but a life-skills program that participants work with to develop coping techniques so they can overcome challenges now or in the future.

- www.bouncebackontario.ca

Community Crisis Resources

In an emergency, call 911 or visit your nearest hospital emergency department.

If you are experiencing mental or emotional distress, find resources for crisis support below.

KINGSTON

- Addictions and Mental Health Services
[613.544.4229](tel:613.544.4229)
24-hour crisis line and mobile emergency response
- Telephone Aid Line Kingston (*TALK*)
[613.544.1771](tel:613.544.1771)
Confidential crisis line
7:00 pm to 3:00 am
- Walk-in Crisis Support Centre
552 Princess St. Kingston.
M-F; 8:30 am -4:00 pm.
[1.866.616.6005](tel:1.866.616.6005)
- Mental Health & Addictions Crisis Services 24 Hour Hotline
[613.544.4229](tel:613.544.4229)
- Go to the Emergency Room at your local hospital

BROCKVILLE

- Lanark, Leeds & Grenville Mental Health Crisis Response
[613.345.4600](tel:613.345.4600) or [1.866.281.2911](tel:1.866.281.2911)
- Crisis Services 24 Hour Hotline (Brockville General Hospital)
[1.866.281.2911](tel:1.866.281.2911) or [613.345.4600](tel:613.345.4600)
- Mental Health 24 Hour Crisis Line
[1.866.996.0991](tel:1.866.996.0991)
- Mental Health & Addictions
[1.866.499.8445](tel:1.866.499.8445)
- Go to the Emergency Room at your local hospital

CORNWALL

- Lanark, Leeds & Grenville Mental Health Crisis Response
[613.345.4600](tel:613.345.4600) or [1.866.281.2911](tel:1.866.281.2911)
- Cornwall Community Mental Health
850 McConnell Avenue
[613.361.6363](tel:613.361.6363)
(Open until 4:00 pm)
- Crisis Support Centre at Cornwall Community Hospital
Call [1.844.361.6363](tel:1.844.361.6363) or go in person at 850 McConnell Ave.
M – Th; 8 am - 5:30 pm, Fri
8 am – 4 pm
- Mental Health Crisis Line
[1.866.996.0991](tel:1.866.996.0991)
- Go to the Emergency Room at your local hospital

Other Crisis Resources



Good 2 Talk is a 24/7/365 free, confidential phone and text line for post-secondary students in Ontario.

- 1-866-925-5454
- Text GOOD2TALKON to 686868
- good2talk.ca/ontario



Talk Suicide Canada

- Text 45645 - 4pm to midnight
- Call 1.833.456.4566 - 24/7/365
- talksuicide.ca



Wellness Together provides access to free, live counselling and free mental health and substance use support. Services are completely private and confidential and available 24/7 to people in Canada and Canadians abroad.

- Call 1-866-585-0445
- Call 1-855-242-3310 (Indigenous Peoples)
- Text WELLNESS to 741741 (Adults) to connect with a trained crisis responder for support
- Online resources are also available at wellnesstogether.ca/en-CA



keep.me SAFE by guard.me provides **international students** with real-time and appointment-based private and confidential counselling and mental health support, anytime of the day or night from anywhere in the world!

- Download the "My SSP" app from either [Apple App Store](#) or [Google Play](#)
- Call 1.844.451.9700
- keepmesafe.org/ca-us/



WeConnect offers free and confidential 24/7 online counselling service for our **domestic students**.

- Call 1.888.377.0002
- wespeakstudent.com