

Student Wellness Services

Welcome to Queen's!

Student Wellness Services recognizes that health and well-being are intertwined with academic and personal success and are an essential part of life and learning. We offer integrated health and wellness, and accessibility services to support your well-being and learning while at Queen's.

Queen's Student Accessibility Services (QSAS)

- **Do you think you might need academic accommodations while at Queen's?**
 - If you have a disability (i.e., learning disability, ADHD, ASD, mental illness, physical disability, hearing or visual impairment) and are able to demonstrate functional limitations that affect your academic functioning, you are eligible to receive accommodations.
- **Register early!**
 - The best time to submit your documentation for review is in July and August. You can submit your documentation at any time in the year however if you submit it after August 15th, 2017 we cannot guarantee your accommodation plan will be in place for the fall semester. You will need documentation that provides us with:
 - Confirmation that you have a disability or underlying health condition
 - A detailed description of the functional impairments that result from your disability and that impact you in the academic environment.
 - For most disabilities / health conditions you can use our Disability Documentation Form <http://www.queensu.ca/studentwellness/accessibility-services/information-students/documentation-requirements>
 - For **learning disabilities** we require a psychoeducational assessment that has been completed within the last three (3) years prior to the start of coming to Queen's (except if the student was 18 years of age or older when assessed).
 - If you qualify for OSAP funding there may be additional funding support available to you to help cover the costs of an assessment. Please contact the QSAS Intake Co-ordinator for more details.
 - You can submit your documentation in 3 ways:
 1. Upload to the online registration system: www.queensu.ca/studentwellness/accessibility-services/how-register/new-students
 2. Confidential fax: 613-533-6284
 3. Deliver a hardcopy in person to our office: 146 Stuart Street, LaSalle Building.
- **Advising Appointment:** Once your documentation has been received and reviewed, QSAS will contact you to book a personal, confidential advising appointment that can happen in person or on the phone. During this appointment, an accessibility advisor will discuss with you your needs and together you will develop an accommodation plan. The best time for these initial appointments are in July and August.

Contact Information:

Reception: Call (613) 533-6467 or email accessibility.services@queensu.ca

Intake Co-ordinator: Call (613) 533-6000 ext 77628 or email qsas.intake@queensu.ca

Health Services

Health Services offers both booked appointments with physicians and nurses and a walk-in clinic for more urgent needs. All students have access to a Student Wellness Services family physician while at Queen's. Health Services is open until 7:30 pm from Monday to Thursday. Most services are covered by OHIP or your provincial or international insurance plans.

- **Take a moment to find your immunization record.** Are all your immunizations up to date? This is a good time to visit your health care professional and review your immunizations. Don't forget to pack your health card too!
- Students are encouraged to bring sufficient **prescription medication** to last at least 30 days into the school year. Student Wellness Services (SWS) family doctors can renew prescriptions through booked appointments. Since typical wait time for an appointment is two weeks, please book an appointment at least two weeks ahead of when you need your prescription filled.
- Students with **chronic or complex health needs** are encouraged to call Fatima Couto (Clinic Manager) at 613-533-6000 ext 75165 to discuss their health needs. If you have a health condition that necessitates ongoing specialized health care, July is a good time to find a community specialist in the Kingston area so that the care you need is in place for September.
- In addition to any acute or chronic health care needs, you can also come to Health Services for allergy shots, immunizations, blood work, birth control options, IUDs, emergency contraception, pregnancy tests, pregnancy counselling, prenatal care, wound care and dressings, STI testing and counselling, medication renewals, mental health care, and referrals to our Psychiatry Services.

Contact

Reception: Call (613) 533-2506 or email: health.services@queensu.ca

Counselling Services

Our team of counsellors provides individual and group short-term, solution focused counselling (free-of-charge) for all students during their time at Queen's. You can sign up or drop in to groups, book an appointment with a counsellor, or drop in to see someone same day if you are in a crisis or have an immediate urgent need. Wait times for booked appointments are typically about 2 weeks.

If you have a mental health condition that necessitates ongoing specialized care or weekly care, July is a good time to find a community specialist (psychologist or therapist) in the Kingston area so that the care you need is in place for September.

Contact

Reception: Call (613) 533-6000 ext 78264 or email counselling.services@queensu.ca

Health Promotion

Health Promotion provides peer-to-peer and staff led workshops, clubs and activities to support your efforts to maintain your health and wellness. Health Promotion offers...

- Lifestyle appointments: Meet 1:1 to discuss sleep, nutrition, physical activity or substance use
- Peer Health Educator Workshops: healthy eating, sleep, stress, sexual health, safe drinking
- Campus Observation Room: A safe, monitored sleep space for anyone who drank too much

Get proactive! Subscribe to Queen's Student Health 101 online monthly e-magazine for university-focused health and wellness tips. Text QUEENSU to 71441 or visit <http://read101.ca/queensu.html>

Contact: Call (613) 533-6000 ext 75320 or email healthed@queensu.ca