

Queen's Concussion Awareness Committee Helpline Resources

*Please find below the links for the
Helpline Resources*



**QUEEN'S CONCUSSION
AWARENESS COMMITTEE**

Queen's Concussion Awareness Committee

<https://queensconcussion.wixsite.com/qcac>

Helpline Form

https://docs.google.com/forms/d/1g50a8WnRCsGShKSwtGrlzsj5_7X1siY1G5B6hqaHfU8/edit

Mentorship Program

<https://queensconcussion.wixsite.com/qcac/about>

Athletics & Recreation

<https://gogaelsgo.com/sports/2018/8/16/concussion-awareness-and-assessment-2.aspx>

Return Learn

<https://gogaelsgo.com/sports/2018/8/16/concussion-awareness-and-assessment-2.aspx#Return-to-School%20Strategy>

Return to Sport

<https://gogaelsgo.com/sports/2018/8/16/concussion-awareness-and-assessment-2.aspx#Return-to-Sport>

Concussion Information Sheet

https://gogaelsgo.com/documents/2019/7/12//Concussion_Information_Sheet.pdf?id=3157

Concussion FAQs

<https://gogaelsgo.com/sports/2018/9/18/concussion-awareness-and-assessment-3.aspx#WHAT>

Recreation Concussion Management

<https://gogaelsgo.com/sports/2018/8/16/concussion-awareness-and-assessment-2.aspx#Recreation%20Concussion%20Management>

Recreation Concussion Removal / Return to Activity / Sport Protocols

<https://gogaelsgo.com/sports/2018/8/16/concussion-awareness-and-assessment-2.aspx#Recreation%20Concussion%20Management>

Varsity Concussion Management

<https://gogaelsgo.com/sports/2018/8/16/concussion-awareness-and-assessment-2.aspx#VARSITY%20CONCUSSION%20MANAGEMENT>

Varsity Concussion Removal / Return to Activity / Sport Protocols

<https://gogaelsgo.com/sports/2018/8/16/concussion-awareness-and-assessment-2.aspx#VARSITY%20CONCUSSION%20MANAGEMENT>

Athlete Concussion Code of Conduct

https://gogaelsgo.com/documents/2019/7/12//Athlete_Concussion_Code_of_Conduct_Online_Version.pdf?id=3152

Coaches Concussion Code of Conduct

https://gogaelsgo.com/documents/2019/7/12//_Coach_Concussion_Code_of_Conduct_Print_Version.pdf?id=3155

Q Sports Medicine

<https://rec.gogaelsgo.com/sports/therapy-zone>

Q sports medicine is directly associated with Queens, located in the ARC. Athletic therapy services are covered under Queen's student and staff insurance plans.

Our Services

https://rec.gogaelsgo.com/sports/2013/7/29/Fac-Serv_0729131310.aspx

Our Staff

<https://rec.gogaelsgo.com/roster.aspx?roster=2>

Book an Appointment

https://rec.gogaelsgo.com/sports/2013/7/29/Fac-Serv_0729132456.aspx

OR CALL 613-533-3325

Student Wellness Services

<https://www.queensu.ca/studentwellness/wellness.services@queensu.ca>

Phone: 613-533-2506

Extenuating Circumstances Administrative Assistant

Phone: 613-533-6000 ext. 74842

Extenuating Circumstances Policy

<https://www.queensu.ca/studentwellness/forms#extenuating-circumstances>

Helps with managing academics while experiencing temporary extenuating circumstances that are beyond a student's control and that may affect academic performance.

Student Wellness Services also provides:

- Medical services
- Counselling
- Occupational therapy
- After hours support

<https://www.queensu.ca/studentwellness/after-hours-supports>

Queen's Student Accessibility Services

Email: qsas.intake@queensu.ca

BISC Student Services

Email: studentservices@bisc.queensu.ac.uk

Book an Appointment

Phone: 613-533-2506

Health Insurance

<https://www.queensu.ca/studentwellness/medical/health-insurance>

Price List for Uninsured Services

<https://www.queensu.ca/studentwellness/medical/price-list-uninsured-services>

Mental Health

Kingston Family Health Team - Mental Health Resources

Changeways for Depression

<https://www.kfhn.ca/programs-services/mental-health1/changeways-for-depression/>

Depression

<https://www.kfhn.ca/programs-services/mental-health1/depression/>

Stress Management

<https://www.kfhn.ca/programs-services/mental-health1/stress-management/>

Self-Help Resources

<https://www.kfhn.ca/programs-services/mental-health1/self-help-resources/>

Helplines & Local Services

<https://www.kfhn.ca/programs-services/mental-health1/helplines-local-services/>

Student Wellness Services - Mental Health Services

<https://www.queensu.ca/studentwellness/mental-health>

Get Help Now

<https://www.queensu.ca/studentwellness/get-help-now>

List of emergency resources, providing support for various situations including 24/7 phone and online resources, medical emergencies, crisis mental health support, and others.

Mental Health Appointment (Appointments & Same-Day Clinic)

<https://www.queensu.ca/studentwellness/appointments-same-day-clinic>

Groups, Events, & Trainings

<https://www.queensu.ca/studentwellness/groups-events-trainings>

Self-Directed Workbooks & Other Resources

<https://www.queensu.ca/studentwellness/supports-resources#workbook>

Empower Me (24/7 Support)

<https://www.queensu.ca/studentwellness/empower-me>

Connect confidentially with qualified counsellors, consultants, and life coaches for various areas of expertise.

Therapy Assistance Online (TAO)

<https://www.queensu.ca/studentwellness/tao>

Online, mobile friendly library of engaging, interactive pathways that promote wellness and can help you bounce back from challenging times.

AMS Peer Support Centre

<http://amspeersupport.com/#features>

Connect with a compassionate volunteer via Zoom to receive support for any issue.

KINGSTON RESOURCES

Kingston Concussion Alliance

<http://www.kingstonconcussion.com/>

Best Health Physiotherapy

<http://www.kingstonconcussion.com/best-health-physiotherapy.html>

<http://www.besthealthphysio.ca/>

Email: info@besthealthphysio.ca

Phone: 613.634.2378

Kingston West Family Chiropractic

<http://www.kingstonconcussion.com/kingston-west-family-chiropractic.html>

<http://www.kwfc.ca/>

Email: info@kwfc.ca

Phone: 613.389.5331

Kingston Athletic Therapy Centre

<http://www.kingstonconcussion.com/kingston-athletic-therapy-centre.html>

<http://www.kingstonatc.com/>

Email: info@kingstonatc.com

Phone: 613.507.5282

Concussion FAQs

<http://www.kingstonconcussion.com/frequently-asked-questions.html>

CONCUSSION LEGACY FOUNDATION

https://concussionfoundation.org/helpline?fbclid=IwAR0NY7mJZ4jLOWJcswoUuQD7Gf9sUe8B3P64W3ird0RITdwJ1FvkQE2H_tE