

Is the Student in Distress?

Have you noticed signs of distress?

- Deterioration in attendance, quality of participation in school/activities or engagement
- Changes in personal hygiene and appearance
- Changes in behaviour or mood (increased anxiety, agitation, withdrawing)
- Direct/indirect reference to suicide or self-harm
- Talks a lot about their problems and feelings
- Have others expressed significant concern about this student?

TELL SOMEONE

IMMEDIATE RESPONSE REQUIRED

RESPONSE CAN WAIT 24 HOURS

- No risk of harm to self or others
- Distress is limited to one area of a student's life

Your Role:

- Inform student about available resources
- Express concern and provide personal support by listening carefully to the student
- Suggest that you reach out to support resources to help student

CONTACT:

Student Wellness Services Ext. 52131 to speak to the Student Wellness Navigator for inquiries & support with a student who may be struggling

NEED A RESPONSE TODAY

- Unclear if there is a risk of harm to self or others
- No Immediate Risk but Student is currently in distress and it may escalate

Your Role:

- Inform student about available resources
- Consult with Mental Health Care Coordinator, Counselling Services, or Campus Community Police to determine whether there is a risk of harm and next steps
- Consult with Here 24/7 after 4:30PM.

CONTACT:

- Student Wellness Services Ext. 52131 for the Mental Health Care Coordinator or Counselling Services
- Campus Community Police Ext. 2000 or 519-840-5000

After Hours:

- Here 24/7
1-844 - 437- 3247
- Campus Community Police Ext. 2000 or 519-840-5000

- Threat of violence or harm to self or others. Safety risk for student or for others.
- Direct or indirect reference to suicide
- Acute distress affecting student's ability to function

Your Role:

- Contact Campus Community Police
- Express your concern for the student
- Campus Community Police will assess the situation to ensure the safety of everyone involved and determine the best course of action

CONTACT:

Campus Community Police Ext. 2000 or 519-840-5000

OR 9-1-1



STUDENT RESOURCES

The following services are available to students with no user fees and provide virtual support options:

Student Wellness Services:

*All located in the J.T. Powell Building, on the first floor. 8:30am – 4:30pm (check online for individual services and hours)

Health Services – x52131

- Drop-In Clinic as well as booked appointments with doctors

Counselling Services – x53244

- Drop-in Counselling Mon to Fri 12:30pm-3:30pm - Fall/Winter 2:00 – 3:30 (Summer)

Wellness Education & Promotion Centre – x53327

- Email to discuss training options and to book a training mentalhealth.training@uoguelph.ca

Student Support Network

- Peer-to-peer support
Fall/Winter 2020-21 hours to be announced – check website.

Accessibility Services – x56208

- Students requiring academic accommodations because of a disability (temporary or permanent)

*Current information on Student Wellness Services' hours and locations: wellness.uoguelph.ca

OTHER RESOURCES

Mental Health Training
morefeetontheground.ca

Feeling Better Now
feelingbetternow.com/uoguelph

AVAILABLE AT ALL TIMES

Campus Community Police

Trent Building on Campus
x2000 or 519-840-5000; uoguelph.ca/police

Here 24/7 Crisis Line (Guelph or K-W)

1-844-437-3247 or

CMHA Crisis Line (Ontario) 1-833-456-4566

Text Crisis Line

Text UOFG to 686868

Good2Talk Crisis Line

1-866-925-5454

SEXUAL VIOLENCE RESOURCES

Sexual Violence Support Services on Campus (Non-Urgent)

x53020, Mon. to Fri.: 8:30am – 4:30pm
svinfo@uoguelph.ca

Women In Crisis - 1-800-265-7233

24-Hour Crisis Support for Sexual or Domestic Violence. All genders welcome.

Guelph General Hospital Care and Treatment Centre for Sexual and Domestic Violence

153 Delhi Street, 519-837-6440 x2728
or call x2210 After Hours

Sexual Violence Support & Information

wellness.uoguelph.ca/sexual-violence-support

STAFF RESOURCES

Employee & Family Assistance Program (EFAP)

The EFAP is available to eligible employees and their immediate family members in need of confidential, professional counselling for personal, family, relationship, and wellness issues.

Access at any time: 1-800-663-1142 or contact the Manager of Occupational Health and Wellness at x52133