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

- 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

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
- Student Wellness Services Ext. 52131 for the Mental Health Care Coordinator or Counselling Services
- Campus Community Police Ext. 2000 or 519-840-5000
- Here 24/7 After Hours
  - 1-844-437-3247
  - Campus Community Police Ext. 2000 or 519-840-5000

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 to speak to the Student Wellness Navigator for inquiries & support with a student who may be struggling
- Student Wellness Services Ext. 52131 for the Mental Health Care Coordinator or Counselling Services
- Campus Community Police Ext. 2000 or 519-840-5000
- Here 24/7 After Hours
  - 1-844-437-3247
  - Campus Community Police Ext. 2000 or 519-840-5000

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*

**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

**OTHER RESOURCES**

- **Mental Health Training**
  - morefeetontheground.ca

- **Feeling Better Now**
  - feelingbetternow.com/uoguelph