

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 **free of charge**:

Student Wellness

Services:

*All located within the J.T. Powell Building, Reception on 1st Floor

Health Services

x52131, Mon. to Fri.: 8:30am - 4:30pm

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

Counselling Services

x53244, Mon. to Fri.: 8:30am – 4:30pm

- Drop-in Counselling Mon to Fri 12:30pm-3:30pm

Wellness Education Centre

x53327, Mon. to Fri.: 8:30am - 4:30pm

Student Support Network

Mon. to Fri.: 12pm -10pm
& In Library Room 111

- One to One Peer Support

Accessibility Services

x56208, Mon. to Fri.: 8:30am – 4:30pm

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

*For current information on Student Wellness Services' hours and locations please visit:

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

1-844-437-3247

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

Call **Women In Crisis** at 1-800-265-7233 for **24-Hour Crisis Support** regarding Sexual or Domestic Violence

*People of all genders may call for support

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

<https://www.uoguelph.ca/sexualviolence>

STAFF RESOURCES

Employee & Family Assistance Program

The Employee & Family Assistance Program (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

