

How to Get Help

ACCESS THE SUPPORT YOU NEED

Emergency Support



Available 24/7

On Campus

Call Security
905.721.3211 or
ext. 2400

Off Campus

Call 911

Urgent Support



Available 24/7

TELUS Health Employee Assistance Program (EAP)

Call 1.844.671.3327
Free, confidential support
for employees and their
dependents

24/7 Helplines

- Distress Centre
Durham
1.800.452.0688
- Durham Mental
Health Services
1.800.742.1890

Gaining Composure



Take 5

1. **Cue:** Acknowledge how you are feeling.
2. **New:** Bring your attention to your senses. Notice what is new.
3. **Body:** Bring awareness to your posture. Roll your shoulders back.
4. **Breath:** Take five complete breaths.
5. **Now:** Respond to the present in a patient and non-judgmental way.