

# 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

**Suicide Crisis Helpline**  
Call or Text 988

### 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.