

Ontario Tech student? In distress? Need to talk?



Are you in crisis or feeling unsafe?

Yes I am in crisis

No I need to talk to somebody

- ! Having current suicidal thoughts/plan
- ! Experiencing hallucinations or non-lucid thoughts
- ! Reporting self injury
- ! Living with domestic violence
- ! Experiencing a panic attack

Emergency services

- ☎ 911
- ☎ Campus security
905.721.8668 ext. 2400
- ☎ Ontario Shores crisis line
1.800.263.2679
- 🏠 The nearest emergency department

Helplines (24/7)

- ☎ Good2Talk
1.866.925.5454
- ☎ Distress Centre Durham
905.430.2522
- ☎ Durham Mental Health Services
905.666.0483
1.800.742.1890

No I need emotional support

Student Mental Health Services

(Free and confidential counselling)

- ☎ 905.721.3392
- 👤 North Oshawa location
Shawenjigewining Hall, third floor
- 👤 Downtown Oshawa Location
Charles Hall, CHA 225
- ✉ studentlifeline@ontariotechu.ca

In residences

- 👤 Outreach Worker
South Village, second floor
- 👤 Resident Advisors

Indigenous Services

- 🍃 North Oshawa location
Shawenjigewining Hall
second floor, Mukwa's Den
- 🍃 Downtown Oshawa location
Baagwating Indigenous Student
Centre, 151 Athol St E, Oshawa
- ✉ indigenous@ontariotechu.ca

Support for gender-based violence

- ✉ Equity@ontariotechu.ca

Is your distress related to your academic performance?

Yes

Academic advising

academicadvising.ontariotechu.ca

Student Learning Centre (Academic support and tutoring)

- ☎ 905.721.8668 ext. 6578
- 👤 North Oshawa location
Shawenjigewining Hall
- 👤 Downtown Oshawa location
Charles Hall, CHA 225
- ✉ studentlearning@ontariotechu.ca

Student Accessibility Services

(Inquire about your eligibility)

- ☎ 905.721.3266
- 👤 North Oshawa location
Shawenjigewining Hall
- 👤 Downtown Oshawa location
Charles Hall, CHA 225
- ✉ studentaccessibility@ontariotechu.ca