Are you in distress or feeling unsafe?

Yes  I am in distress.

Emergency

- Immediate suicide plan or attempt.
- Feeling unsafe due to an immediate threat or escalation in aggressive behaviour.
- Safety risks related to substance use.

Suggested actions

- Call 911 immediately.
- Contact emergency services on campus.
- Campus security 905.721.8668 ext. 2400
- Go to the nearest emergency department

Urgent

- Thoughts of suicide and/or self-harm.
- Recent experience of abuse, harassment or gender-based sexual violence.

Suggested actions

- Make an appointment with Student Mental Health Services.
- Connect with an outreach worker or resident advisor if applicable.
- Call a 24/7 helpline.

Mental Health

- Feelings of sadness, anxiety, panic, isolation and/or stress.
- Need to improve mental health and well-being.

Suggested actions

- Reach out to Student Mental Health Services.
- Explore Ontario Tech Student Union resources.
- For gender-based violence or human rights advocacy, contact Equity Services or the Human Rights Office.
- For Indigenous related learning or knowledge, contact Indigenous Education and Cultural Services.

No  I need mental health support.

Academic

- Experiencing academic stress.

Suggested actions

- Make an appointment with Academic Advising.
- Connect with the Student Learning Centre for academic support.
- Explore Student Accessibility Services.
- Explore Student Accessibility Services.

No  I need academic support.

I need mental health support.

Feelings of sadness, anxiety, panic, isolation and/or stress.
- Need to improve mental health and well-being.

Suggested actions

- Reach out to Student Mental Health Services.
- Explore Ontario Tech Student Union resources.
- For gender-based violence or human rights advocacy, contact Equity Services or the Human Rights Office.
- For Indigenous related learning or knowledge, contact Indigenous Education and Cultural Services.

Thoughts of suicide and/or self-harm.
- Recent experience of abuse, harassment or gender-based sexual violence.

Suggested actions

- Make an appointment with Student Mental Health Services.
- Connect with an outreach worker or resident advisor if applicable.
- Call a 24/7 helpline.

Recent experience of abuse, harassment or gender-based sexual violence.

Suggested actions

- Make an appointment with Campus Health Centre.
- Connect with an outreach worker or resident advisor if applicable.
- Call a 24/7 helpline.

Ontario Tech University

For gender-based violence or human rights advocacy, contact Equity Services or the Human Rights Office.
- equity@ontariotechu.ca
- humanrights@ontariotechu.ca

For Indigenous related learning or knowledge, contact Indigenous Education and Cultural Services.
- indigenous@ontariotechu.ca

I need academic support.

- Make an appointment with Academic Advising.
- Connect with the Student Learning Centre for academic support.
- Explore Student Accessibility Services.
- Explore Student Accessibility Services.

Experiencing academic stress.

Suggested actions

- Make an appointment with Academic Advising.
- Connect with the Student Learning Centre for academic support.
- Explore Student Accessibility Services.
- Explore Student Accessibility Services.

I need mental health support.