

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.
- ☎ 911
- ☎ 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**. 
- 🕒 Monday to Friday | 8:30 a.m. to 4:30 p.m.
- ☎ 905.721.3392
- 👤 **Downtown Oshawa campus location**
Charles Hall, Room 218
- 👤 **North Oshawa campus location**
Shawenjigewining Hall, Room 320
- ✉ studentlifeline@ontariotechu.ca
- Make an appointment with **Campus Health Centre**.
- ☎ 905.721.3037
- ✉ chwc@durhamcollege.ca
- Connect with an outreach worker or resident advisor if applicable.
- Call a 24/7 helpline.
- ☎ Durham Mental Health Services
905.666.0483 | 1.800.742.1890
- ☎ Durham Rape Crisis Centre | 905.668.9200
- ☎ Good2Talk | 1.866.925.5454
- ☎ Ontario Shores crisis line | 1.800.263.2679

No I need mental health support.

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**.
- 📺 Review self-help websites and videos.
- 👤 Meet with a Peer Mentor.
- 🎓 Attend a wellness group.
- 📅 Book an appointment.
- 🌐 ontariotechu.ca/mentalhealth
- Explore Ontario Tech Student Union resources.
- 🌐 otsu.ca/mywellness
- 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

No I need academic support.

Academic

- 🔔 Experiencing academic stress.

Suggested actions

- Make an appointment with Academic Advising.
- 🌐 ontariotechu.ca/academicadvising
- Connect with the Student Learning Centre for academic support.
- ✓ One-on-one appointments or workshops.
- ☎ 905.721.8668 ext. 6578
- 👤 **Downtown Oshawa campus location**
Charles Hall, Room 218
- 👤 **North Oshawa campus location**
Shawenjigewining Hall, second floor
- ✉ studentlearning@ontariotechu.ca
- Explore Student Accessibility Services.
- ✓ Inquire about eligibility for academic accommodations.
- ☎ 905.721.3266
- 👤 **Downtown Oshawa campus location**
Charles Hall, Room 218
- 👤 **North Oshawa campus location**
Shawenjigewining Hall, Room 320
- ✉ studentaccessibility@ontariotechu.ca