

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.
- Call or text 988, the Suicide Crisis Helpline.
- 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**.
 - 🕒 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
- If you live in residence, connect with a **Residence Outreach Coordinator** at residenceoutreach@dc-ot.ca.
- 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
 - 📞 Suicide Crisis Helpline | 988

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/services/wellness-nook
- 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.
 - ✓ One-on-one appointments and workshops.
 - 📍 **Downtown Oshawa campus location**
Charles Hall, Room 237
 - 📍 **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