Is student in distress? Yes

- Immediate suicide plan or attempt.
- Unsafe due to an immediate threat or escalation in aggressive behaviour.
- Health risks related to substance use or medical emergency

Immediate response is required

Suggested actions

On campus

- Call Security
  905.721.8668 ext. 2400 or
  905.721.3211 and request for 911

Off campus / After hours / Virtual

- Students can call 911 or go to the nearest emergency department.

Example phrase:

" I'm concerned about your immediate safety, I will call emergency services."

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

Support is available within 24 to 72 hours

Suggested actions

On campus - Student Mental Health Services

- Students can book a "Distress Support" appointment
- Faculty/staff can refer student to SMHS
- Faculty/staff can consult with a SMHS counsellor

On campus - Health and Wellness Centre

- Students can walk-in at Campus Health and Wellness Centre for an assessment

Example phrase:

"It sounds like you're having a difficult time. There are supports that can help you. With your permission, I can refer you to mental health services."

No Student needs mental health support

- Worries about academic performance, relationships, family, identity.
- Feelings of sadness and low motivation.
- Other mental health concerns.

Support is offered for the next available appointment

Suggested actions

- Students can book an "Intake Appointment"
- Inform students that peer, groups and 1:1 support is available
- Invite SMHS to present in class about resources
- Refer or Consult with Student Mental Health Services

Example phrase:

"'There are resources at the university's mental health website, or with your consent, I can make a referral to services."

Ontario Tech University

ontariotechu.ca/mentalhealth

Student Mental Health Services (SMHS)

North campus location:
Shawenjigewining Hall, SHA 320

Downtown location:
Charles Hall, CHA 218

Monday to Friday
8:30 a.m. to 4:30 p.m.
studentlifeline@ontariotechu.ca

Campus Health and Wellness Centre

Campus Recreation and Wellness Centre, room G1030

Monday to Friday 7 a.m. to 4 p.m.
chwc@durhamcollege.ca

24/7 Helplines

Suicide Crisis Helpline | 988

Durham Mental Health Services
905.666.0483 | 1.800.742.1890

Durham Rape Crisis Centre |
905.668.9200

Good2Talk | 1.866.925.5454

Book a Distress Appointment

Faculty and Staff Guide