

# Ontario Tech student? In distress? Need to talk?



**ARE YOU IN CRISIS OR FEELING UNSAFE?**

**YES** I need immediate help

## Emergency services

- ☎ 911
- ☎ Campus security 2400
- ☎ Ontario Shores crisis line 1.800.263.2679
- 🏥 The nearest emergency department

## Campus Health Centre

- ☎ 905.721.3037
- 🧑 Campus Recreation and Wellness Centre

## 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 to talk to somebody

**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, room 225
- ✉ studentlifeline@ontariotechu.ca

## In residences

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

Is your distress related to your academic performance?

**YES**

## Academic advisor

(See faculty website)

### Student Learning Centre

(Academic support and tutoring)

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

### Student Accessibility Services

(Inquire about your eligibility)

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