



CAMPUS HEALTH AND  
WELLNESS CENTRE

## SUPPORTING STUDENTS WITH MENTAL HEALTH CONCERNS

Monday to Friday  
8:30 a.m. to 4 p.m.

TO BOOK AN APPOINTMENT:  
T: 905.721.3037  
E: [chwc@durhamcollege.ca](mailto:chwc@durhamcollege.ca)  
[Live Chat](#)

FOR MORE INFORMATION:  
[durhamcollege.ca/healthcentre](http://durhamcollege.ca/healthcentre)

OPERATING BY APPOINTMENT ONLY  
DURING COVID-19



### LISTENING IS POWERFUL

Sometimes individuals simply need  
reassurance, validation and a safe space  
where someone will listen.



### CRISIS LINES

- » **Good2Talk**  
1.866.925.5454  
[www.good2talk.ca](http://www.good2talk.ca)
- » **I.M. Well**  
1.877.554.6935  
[www.studentvip.ca](http://www.studentvip.ca)
- » **Ontario 211 Community and Social Services  
Help Line**  
Dial 211  
[www.211ontario.ca](http://www.211ontario.ca)
- » **Ontario Shores 24/7 Crisis Support**  
1.800.263.2679
- » **Real Campus 24/7**  
1.877.390.7325  
<https://realcampus.ca/durham/>



### COMMUNITY SUPPORTS

- » **ConnexOntario**  
1.866.531.2600  
[www.connexontario.ca/en-ca/](http://www.connexontario.ca/en-ca/)
- » **CMHA**  
416.977.5580  
[www.ontario.cmha.ca/](http://www.ontario.cmha.ca/)

### RECOGNIZE – RESPOND – REFER

#### RECOGNIZE

- » Statements of hopelessness or self-harm
- » Disengagement, worsening personal hygiene
- » Withdrawn, distracted, irritable behaviour

#### RESPOND with direct questions like...

**YES**

- » “Do you want support?”
- » “Are you aware of services?”

**NO**

#### REFER

- » Student to CHWC resources  
and community supports.

- » “Are you thinking about  
suicide right now?”

**NO**

#### REFER

- » Student to CHWC to book an  
appointment since they have  
indicated no imminent risk  
of harm.

#### REFER

- » Student to call CHWC to book  
appointment
- » A mental health practitioner will  
meet with the student and help  
determine next steps.
- » After business hours, holidays  
or weekends– connect students  
to self-help resources and  
community supports.

### CAMPUS RESOURCES

- » **Office of Equity, Diversity and Inclusion/  
Sexual Violence Support**  
T: 905.721.2000 ext. 2855  
E: [diversity@durhamcollege.ca](mailto:diversity@durhamcollege.ca)
- » **First Peoples Indigenous Centre**  
T: 905.721.2000 ext. 2529 or 2573  
E: [indigenous@durhamcollege.ca](mailto:indigenous@durhamcollege.ca)
- » **Access and Support Centre**  
T: 905.721.3123  
E: [asc@durhamcollege.ca](mailto:asc@durhamcollege.ca)

**NO REPLY OR YES**

### CALL 911 IMMEDIATELY

IF THERE MAY BE IMMINENT RISK OF HARM  
TO SELF OR OTHERS

- » If student is on campus, also call Security  
at ext. 2400 from a campus landline or  
905.721.3211 from a mobile phone.