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
Live Chat

FOR MORE INFORMATION:
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.



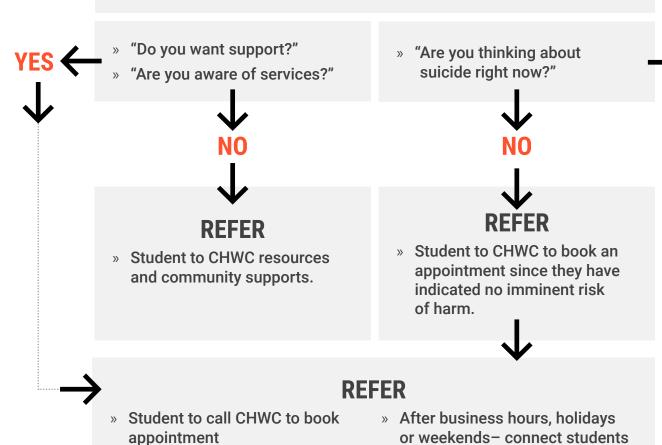
CRISIS LINES

- » Good2Talk 1.866.925.5454 www.good2talk.ca
- » **I.M. Well** 1.877.554.6935 <u>www.studentvip.ca</u>
- Ontario 211 Community and Social Services
 Help Line
 Dial 211
 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/
- » CMHA 416.977.5580 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RECOGNIZE - RESPOND - REFER RECOGNIZE Statements of hopelessness or self-harm Disengagement, worsening personal hygiene Withdrawn, distracted, irritable behaviour RESPOND with direct questions like...



» A mental health practitioner will

determine next steps.

meet with the student and help

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
- » First Peoples Indigenous Centre T: 905.721.2000 ext. 2529 or 2573
 - E: indigenous@durhamcollege.ca
- » Access and Support Centre
 - T: 905.721.3123
- E: 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.