

# RESOURCES TO SUPPORT STUDENT MENTAL HEALTH

I'M FEELING SAFE

## RECOGNIZE

### CONCERN

#### SITUATIONS MAY INCLUDE:

- » Worrying about academic performance.
- » Looking to improve well-being or self care.
- » Interest in mental health offerings.

## SUGGESTED NEXT STEPS

- » Mental Health Supports
- » Academic Supports
- » Recreation and Wellness Supports

## SUPPORTS AND RESOURCES

### MENTAL HEALTH SUPPORTS

- » [Campus Health and Wellness Centre \(CHWC\)](#)
- » [Durham College Student Association \(DCSA\)](#)

### ACADEMIC SUPPORTS

- » [Student Advisors](#)
- » [Student Academic Learning Services \(SALS\)](#)
- » [Access and Support Centre \(ASC\)](#)

### RECREATION AND WELLNESS SUPPORTS

- » [Campus Recreation and Wellness Centre \(CRWC\)](#)
- » [Groups, Events, and Outreach](#)

### ADDITIONAL STUDENT SUPPORTS

- » [Equity Diversity Inclusion - Sexual Violence Reporting](#)
- » [International Education Office](#)
- » [Student Development](#)
- » [Career Development](#)

I'M FEELING UNSAFE

### CRISIS

#### SITUATIONS MAY INCLUDE:

- » Experiencing current thoughts of suicide, harm to self or others.
- » Experiencing current sexual/domestic violence.

- » Mental Health Supports

## 24/7 CRISIS SUPPORTS

### [IMWell.ca:](#)

Student Assistance Program (SAP)  
free access to counselling and crisis support at 1.833.398.9040

### [988.ca:](#)

Suicide Crisis Lifeline  
Call or Text 9-8-8

### EMERGENCY

#### SITUATIONS MAY INCLUDE:

- » Experiencing suicidal thoughts and unable to maintain safety
- » Imminent danger to others.
- » Need for Emergency Services (911).

- » Call Campus Security  
905.721.3211
- » Call 911

## DISTRESSING COMMUNICATION

If you receive communication from a friend or classmate that causes concern for their safety or well-being, please attempt to contact them directly. If you are unable to reach them and remain concerned for their safety, contact 911 to report your concerns. Be prepared to provide their last known location, cell phone number, and/or address.

If your friend or classmate is on campus, or you do not feel safe, call 911 as outlined above AND contact Campus Security at 905.721.3211. Inform Campus Security of where on campus emergency services are needed.