

MENTAL HEALTH RESOURCES

Available to Durham College students.

IF YOU ARE:

- Stressed
- Anxious
- Overwhelmed
- In need of strategies for coping
- Lonely or isolated
- Sad
- Homesick

CONTACT:

Coaching & Support Centre
SW 116, Oshawa Campus
Room 180, Whitby Campus

Solace Centre
C111, Oshawa Campus

Residence Outreach Coordinator
South Village, second floor

Big White Wall :
<https://www.bigwhitewall.com>

Bounce Back:
<https://bouncebackontario.ca/>

IF YOU:

- Have been missing classes & deadlines
- Have been unable to focus
- Are having trouble coping with the present situation
- Are having trouble regulating in class
- Are failing your classes
- Have physical or mental signs or symptoms (Ex. heart racing, tight chest, shaking, sense of impending doom)
- Have a pre-existing mental health condition and need support
- Are making dramatic sudden changes
- Experience worrying thoughts

CONTACT:

* **CHC (Campus Health Centre)** in the Campus Recreation and Wellness Centre
905-721-3037

ASC (Access & Support Centre)
905-721-3123

If you are registered at ASC, Oshawa or Whitby

IF YOU:

- Can't cope with daily tasks
- Experience severe disengagement
- Have injured yourself or engaged in cutting or other self harm
- Experience auditory or visual hallucinations

If you have thoughts of harming your self or others, or are experiencing a medical emergency:

IMMEDIATELY call **Campus Safety** at **2400** or **905-721-3211** on your mobile device.

After Hours or for Immediate Support:

Contact **Campus Safety** at **2400** or **905-721-3211** for mobile device.
OR 911 if off campus.

ONLINE / PHONE ASSISTANCE:

- Good2Talk
- Aspiria ☎ 1-877-234-5327
- ☎ 1-866 925-5454
- <http://aspiria.ca/students>

* HEALTH CENTRE SERVICES:

- Mental Health Nurse,
- Medical Doctors: Referral to psychiatrist and Medication management,

CHC Website:

<https://durhamcollege.ca/campushealthcentre>