



Your mental health and well-being is a priority for Durham College and we have a variety of services to support you.

Visit www.durhamcollege.ca/are-you-ok for more information!

CAMPUS HEALTH AND WELLNESS CENTRE

Physicians, nurses, chiropractors, residence outreach, physiotherapist, mental health professionals, wellness coaches and health promotion.

Campus Recreation and Wellness Centre
Room G1030

T: 905.721.3037

E: chwc@durhamcollege.ca

www.durhamcollege.ca/chwc

OFFICE OF EQUITY, DIVERSITY AND INCLUSION

Advocacy, harassment and discrimination investigations, mediation and restorative justice.

Gordon Willey building, Room C106

T: 905.721.2000 ext. 3916

E: diversity@durhamcollege.ca

www.durhamcollege.ca/diversity

DURHAM COLLEGE STUDENT ASSOCIATION (DCSA)

Advocacy, counselling services, student's health plan, safer sex resources, LGBTQ+ support, and emergency food centre.

Student Centre, second floor

T: 905.721.1609 ext 3988

E: DCSA.SupportHub@durhamcollege.ca

www.mydcsa.ca



ACCESS AND SUPPORT CENTRE

Supporting students living with an exceptionality/disability or experiencing challenges due to physical or mental health. Services include coaching, success strategies, development of access plans and accommodations, case management, counselling, peer supports, and assistive technology training.

Gordon Willey building, Room SW116

T: 905.721.3123

E: ASC@durhamcollege.ca

www.durhamcollege.ca/asc

FIRST PEOPLES INDIGENOUS CENTRE

Holistic support for Indigenous students following Medicine Wheel Teachings. Visiting Elders and Traditional Knowledge Keepers, study space and Indigenous resources.

Centre for Collaborative Education,
Room 141

E: indigenous@durhamcollege.ca

www.durhamcollege.ca/indigenous

SEXUAL VIOLENCE EDUCATION AND RESPONSE

Education and awareness initiatives as well as support for those affected by sexual violence.

Gordon Willey building, Room C106

T: 905.721.2000 ext. 3917

E: SVsupport@durhamcollege.ca

www.durhamcollege.ca/sexualviolence

OFF-CAMPUS SUPPORTS

- Good 2 talk.ca (24/7 crisis support): 1.866.925.5454
- Durham Distress Centre (24/7 crisis support): 905.430.2522
- I.M Well App (counselling and resources): www.imwell.ca
Toll-free: 1.877.554.6935
- Text CONNECT to 686868
- Ontario 211 Community and Social Services Help Line:
Dial 211

