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
  www.studentvip.ca
» 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» Withdrawn, distracted, irritable behaviour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...

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

NO
» “Are you thinking about suicide right now?”

NO REPLY OR YES

REFER
» Student to CHWC resources and community supports.

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.

MENTAL HEALTH AND WELL-BEING FRAMEWORK
» This framework outlines the guiding principles under which DC operates in order to protect and promote health and wellness within the campus community.
Visit www.durhamcollege.ca/mentalhealthframework

REFER
» Student to call CHWC to book appointment
» A mental health practitioner will meet with the student and help determine next steps.

REFER
» 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
» 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