

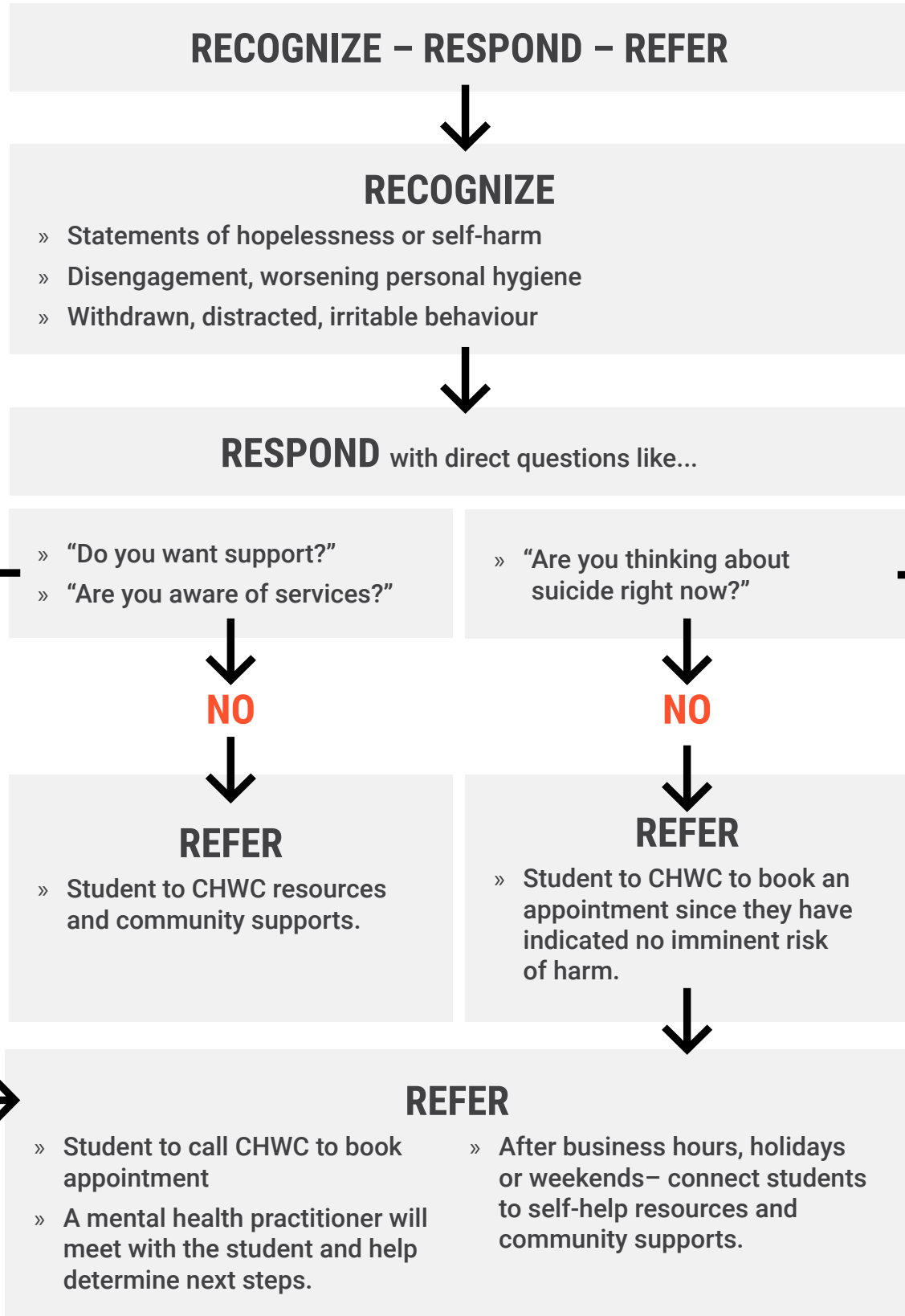
**LISTENING IS POWERFUL**  
Sometimes individuals simply need reassurance, validation and a safe space where someone will listen.

**CRISIS LINES**

- » **Good2Talk**  
1.866.925.5454  
[www.good2talk.ca](http://www.good2talk.ca)
- » **I.M. Well**  
1.877.554.6935  
[www.studentvip.ca](http://www.studentvip.ca)
- » **Ontario 211 Community and Social Services Help Line**  
Dial 211  
[www.211ontario.ca](http://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/](http://www.connexontario.ca/en-ca/)
- » **CMHA**  
416.977.5580  
[www.ontario.cmha.ca/](http://www.ontario.cmha.ca/)



**CAMPUS RESOURCES**

- » **Office of Equity, Diversity and Inclusion/ Sexual Violence Support**  
T: 905.721.2000 ext. 2855  
E: [diversity@durhamcollege.ca](mailto:diversity@durhamcollege.ca)
- » **First Peoples Indigenous Centre**  
T: 905.721.2000 ext. 2529 or 2573  
E: [indigenous@durhamcollege.ca](mailto:indigenous@durhamcollege.ca)
- » **Access and Support Centre**  
T: 905.721.3123  
E: [asc@durhamcollege.ca](mailto: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.