

Trent Durham student? In distress? Need to talk?

Are you at risk of suicide or feeling unsafe?

YES, I need immediate help

Emergency Services



Emergency Response or visit local emergency department
911

Thornton Campus Security
905.435.5111

Simcoe Campus Security
905.435.5123

Crisis Lines 24/7



Suicide Crisis Helpline
National suicide prevention and crisis line
988

Durham Mental Health Services
Short-term crisis beds and crisis and support line
1.800.742.1890

Durham Distress Centre
Crisis and suicide intervention
1.800.452.0688

Durham Rape Crisis Centre
Crisis and support line
905.668.9200

NO, I need to talk about my distress relating to...

Click on the service(s) best for you for more information

Mental Health Services



Trent Durham Counselling
Short-term support

Indigenous Services (FPHL)
Cultural services

Therapy Assistance Online
Self-directed Online modules

Helplines



Black Youthline
1.833.294.8650

Good2Talk
1.866.925.544

LGBT Youthline
1.800.268.9688

Naseeha
1.866.627.3342

Academic Services



Academic Advising
Course planning, degree progression and understanding policies

Academic Mentoring
Study groups led by accomplished students

Academic Skills
Learning support for all students - workshops, small groups

Student Accessibility Services (SAS)
Accommodation plans and learning strategies for students with a disability

Misconduct and Harassment Support Services



Campus Security reports can be made to security
Student Affairs explore support and reporting options

For more information, please call **Administrative Coordinator**,
Student Affairs at 905.435.5102 x5158