

EMERGENCY

Imminent risk to self or others

- Threats of violence
- Substance overdose
- Serious injury
- Seizure



ACTION

Phone 911 and
Campus Security
Emergency line
705-748-1011 ext. 1333

CRISIS

Non-life threatening but urgent

- Thoughts of suicide or death
- Psychosis
- Recent assault or accident



ACTION

Office hours, phone:
Counselling Services
705-748-1011 ext. 1386
Or Campus Security
705-748-1011 ext. 1328
Or Sexual Violence Prevention
Coordinator
705-748-1011 ext. 7792
After hours, phone:
Campus Security Emergency line
705-748-1011 ext. 1333
or 4County Crisis
1-866-995-9933

PERSONAL OR ACADEMIC DISTRESS

Non-life threatening but concerning

Behaviour changes:

- Noticeable decline in academics
- Social withdrawal
- Signs of agitation
- Changes in appearance
- Disjointed thoughts
- Signs of self-injury



ACTION

Provide student with campus or community resource information, such as:

- Counselling Services ext. 1386
- Student Health Services ext. 1481
- Cultural Counsellor, First Peoples House of Learning ext. 7072
- Good2Talk post-secondary student helpline (24/7) 1-866-925-5454

Concerning situation:

- Bullying
- Harassment
- Discrimination



ACTION

Provide student with campus resources, such as:

- Office of Student Affairs ext. 7754
- Campus Security ext. 1328
- Centre for Human Rights, Equity and Accessibility ext. 7725

Academic concern:

- At risk of failing
- Considering withdrawal
- Personal event impacting all courses



ACTION

Provide student with campus resources, such as:

- Academic Advising ext. 7333
- Academic Skills Instructor ext. 7098
- International Student Advisor ext. 1300

Accessibility-related concerns:

- Academic accommodation required
- Other academic concerns related to disability (learning, physical, mental health or sensory)



ACTION

Contact Student Accessibility Services ext. 1281
For non-academic accommodation concerns contact Centre for Human Rights, Equity and Accessibility ext. 6602