



SUPPORTING STUDENTS IN DISTRESS

EMERGENCY

Life-threatening or imminent safety risk to self or others

- Assault (occurring)
- Threat of violence or injury
- Threat or presence of weapon
- Actively planning suicide
- Potential drug overdose
- Potential alcohol poisoning

WHOM TO CALL

At all times



CRISIS

Urgent, non-life-threatening, or no imminent safety risk to self or others

- Thoughts of suicide
- Thoughts of death
- Incoherent or unintelligible
- Cannot be calmed
- Assault (occurred)

WHOM TO CALL

During business hours
(8:30 am – 4:30 pm)



After Hours



OTHER SITUATIONS

Concerning, non-life-threatening, or no imminent safety risk to self or others

- Marked change in mood/behaviour
- Social/academic withdrawal
- Difficulty concentrating/communicating
- Deterioration in physical health, appearance or hygiene

WHOM TO CALL

During business hours
(8:30 am – 4:30 pm)



- Harassment
- Bullying
- Discrimination

WHOM TO CALL

During business hours
(8:30 am – 4:30 pm)



After Hours



Campus Security:
613-969-1913, ext. 2222 or
613-403-4900



Crisis Intervention Centre:
613-962-7227



Student Success Services:
613-969-1913, ext. 2519
located on third floor in The Hub



Go to Faculty/Dean's Office