

changes

not

SEVERAL LESSER SIGNS

- **OPTION 1:** *"I have a relationship or rapport with the student."*

PREPARE:

I am not the best person to help with this, but there are resources and services available that can help you

We all need to access help at different times

It is your decision, not mine

There are a variety of options available

I appreciate your willingness to speak with

me

I know it takes courage to talk

about this

Before you go, let's review how you'll connect to those referrals

Please reach out again if you need anything

not *I'm here any time*

CRISIS SERVICES

MOBILE CRISIS UNIT Call Hours of operation: You will speak to a registered social worker or nurse.	CHIMO HELPLINE Call Hours of operation: You will talk to someone trained in crisis intervention.
TALK SUICIDE CANADA Call Text You will talk to someone trained in suicide prevention.	CALL 911 Dr. Everett Chalmers Regional Hospital Phone: Address:

MENTAL HEALTH SERVICES

www.stu.ca/mentalhealth STU.ca/counselling	STUDENT WELLNESS 1-833-549-3281
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