


# Supporting **STUDENTS IN DISTRESS**



The OCAD University community has a shared responsibility to use the Student Crisis Support Protocol to:

1. **NOTICE** signs of distress and communicate these to the student and/or supervisor.
2. **ENGAGE** by having a direct conversation with the student, if you feel comfortable doing so. While respecting the student's right to confidentiality, talk to the student to gather more information for appropriate response and referral.
3. **REFER** the student to the appropriate support resource.



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## **HEALTH & WELLNESS CENTRE**

*Medical & Counselling Services, Including Crisis and Walk-In Counselling*

- Monday to Friday 9am- 4:30pm
- 51 McCaul St, 2<sup>nd</sup> Floor,
- Student Centre
- **416-977-6000 Ext. 260**
- **[hwc@ocadu.ca](mailto:hwc@ocadu.ca)**

## **SECURITY & EMERGENCY SERVICES**

*Medical, Crisis Intervention, Crime Prevention*


- 100 McCaul St, Main Lobby
- Security Console
- **Emergency**
- **416-977-6000 Ext. 511** or pick up the Red Phone on campus
- **Non-emergency**
- **416-977-6000 Ext. 366**

## **GOOD2TALK POST-SECONDARY STUDENT HELPLINE**

*Counselling & Mental Health Resources*

- Available 24/7/365
- **[Good2Talk.ca](http://Good2Talk.ca)**
- **1-866-925-5454**

# Nurture a **HEALTHY & IMAGINATIVE MIND**



Try these activities to give your brain a break and to maximize your creative juices:

- Go to the AGO - free for students!
- | Go for a walk in Grange Park
- | Take 6-10 slow, deep breaths per minute
- | Focus on one of your senses; e.g. notice how your feet hit the ground or the taste of food in your mouth
- | Close your eyes and think about a positive memory
- | Meet a friend at the student lounge



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