



Student Mental Health and Well-Being Initiative

We all have a role to play in support of student mental health. Always report your concerns about a student's mental health or worrisome behaviour!



Support is available for you as well!

As a faculty or staff member, assisting a student in distress can have an impact on your own stress and well-being. It is important that you don't think that you need to shoulder this concern alone.

Remember to confidentially debrief with your supervisor or chair and consult as needed with the Office of Student Support.

Contact the Employee and Family Assistance Program at 1-800-663-1142 for confidential counselling and other support services. Visit their website: homewoodhealth.com



If you feel unsafe at any time...

Call Campus Security: 250 -370-3075

SUPPORTING STUDENTS IN DISTRESS

▶ URGENT AFTER-HOURS COMMUNITY SERVICES

Vancouver Island Crisis Line 1-888-494 3888

24 hour phone support for those in crisis or for those concerned for someone else's safety

1-800-SUICIDE or 1-800-784-2433 24 hour phone support

Community-Led Crisis Response Team

Trauma-informed crisis de-escalation and community care support team

7:30AM-12:30AM Mon-Fri
250-818-2454

Youthspace.ca or text 778-783-0177

Online chat and e-counselling up to 30 yrs of age, accessible 6 PM – midnight

Jubilee Hospital Emergency Department: 250-370-8000

1952 Bay Street, Victoria, V8R 1J8

▶ CAMPUS SUPPORT SERVICES

Office of Student Support

250 370 3046
250 370 3841

Camosun International

Lansdowne: 250-370-3681
Interurban: 250-370-4812

Centre for Accessible Learning

Lansdowne: 250-370-3312
Interurban: 250-370-4049

Campus Security

EMERGENCIES: 250-370-3075
Non-Emergency: 250-370-4567

Eye? Sq̓̓'lewen

Center for Indigenous Education & Community Connections

Lansdowne: 250-370-3299
Interurban: 250-370-4870

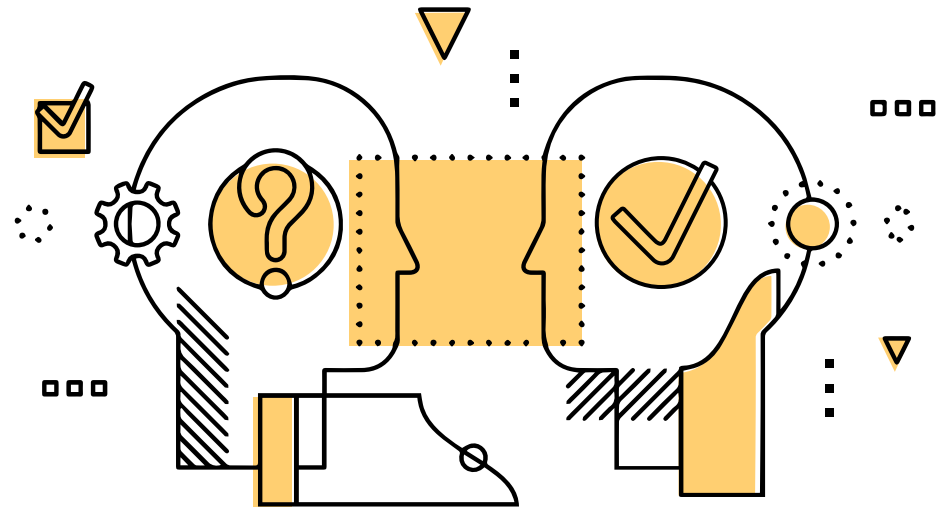
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Lansdowne: 250-370-3405
Interurban: 250-370-4444

Counselling Centre

250-370-3571

Employee Reference Guide



Quick Reference Guide

Observing the signs

▶ COMMON SIGNS OF STUDENT DISTRESS

Noticeable changes in academic performance

For example: missing classes, assignments done poorly or handed in late, decrease in participation in class activities, confusing written assignments.

Noticeable changes in appearance or behaviour

For example: poor hygiene, confusion, emotional upset, lack of emotion, difficulty focusing, agitation, verbal disruption, social isolation.

Signs of excessive substance use

Observation of concerning communications

For example: indications in written communication (emails, texts, assignments) of confusion, conflict, concerns for personal safety, or possible threats to others

Expressed thoughts or feelings indicating potential harm to self or others

For example: written or verbal suicidal ideation, intention or threats to harm to self or other, use of language indicating deep confusion, desperation, isolation, expressions of violence or self-harm.

When we work together to identify and support students in distress, everyone benefits. Your timely engagement with the student can make a significant difference and connect them with the support they need when they need it!

▶ TIPS FOR ASSISTING A STUDENT IN DISTRESS

1. Approach the student and offer to share your observations of concern in a comfortable, safe setting.
2. Listen openly to what they are saying, acknowledge their thoughts and feelings with compassion — convey your understanding and concern.
3. Remind the student that there are support services here to assist them (for example: Counselling, Office of Student Support). Encourage them to connect with the appropriate service.
4. Inform and consult with your chair or supervisor and the appropriate campus service such as the Office of Student Support. Remember...student safety is a priority!

Report & Consult

Student behaviour of concern

