

## Student Mental Health Initiative

We all have a role to play in support of student mental health. Always report your concerns about 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 debrief with a colleague, supervisor or chair, consult as needed with the Counselling Department or contact the Employee and Family Assistance Program at 1-800-663-1142 for confidential counselling and other support services.

Visit their website at <http://www.homewoodhealth.com/health>

If you feel unsafe at any time...

**Call Campus Security: 370-3075**

# Supporting Students in Distress



## EMPLOYEE REFERENCE GUIDE Student Mental Health Initiative

CAMOSUN COLLEGE

### URGENT AFTER-HOURS COMMUNITY SERVICES

- **Vancouver Island Crisis Line:** 1-888-494-3888 (24 hour phone support) or **Crisis Text** - 250-800-3806 (text/chat support)
- **1-800-SUICIDE** or 1-800-784-2433 (24 hour phone support)
- **Youthspace.ca:** text 778-783-0177 (online chat and e-counselling up to 30 yrs. of age, accessible 6 PM – midnight)
- **Jubilee Hospital Emergency Department**



### CAMPUS SUPPORT SERVICES

**Campus Security**  
EMERGENCIES: Local 3075  
Non-Emergency: 250-370-4567

**Counselling Department**  
Lansdowne: 250-370-3571  
Interurban: 250-370-4925

**Camosun International**  
Lansdowne: 250-370-3681  
Interurban: 250-370-4812

**The Center for Indigenous Education & Community Connections**  
Lansdowne: 250-370-3299  
Interurban: 250-370-4870

**Disability Resource Center**  
Lansdowne: 250-370-3312  
Interurban: 250-370-4049

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

**EMERGENCIES - local 3075**

# Quick Reference Guide:

When you observe the signs indicating a student is in distress, you can assist by engaging with that student, providing information and connecting them with support services.

## Common Signs of Student Distress

- **Noticeable changes in academic performance**  
[E.g. missing classes, assignments done poorly or handed in late, decrease in participation in class activities, confusing written assignments]
- **Noticeable changes in appearance or behaviour**  
[E.g. poor hygiene, confusion, emotional upset, agitation, verbal disruption, social isolation]
- **Signs of excessive alcohol or drug use**
- **Observation of concerning communications**  
[E.g. 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**  
[E.g. 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 distressed students, 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**  
[E.g. Counselling, Disability Resource Center, Campus Security]  
Encourage them to connect with the appropriate service.
4. **Inform and consult with your Chair or Supervisor and the appropriate college service, sharing your observations and concerns. Remember... student safety is a priority!**

# REPORTING Student Behaviour of Concern

