SUPPORTING STUDENTS FROM A DISTANCE

**EMERGENCY**

Direct or indirect reference to suicide, threatening, violent or destructive behaviour, or situation feels unsafe

ON-CAMPUS DISCLOSURE?
Call campus safety at 613-520-4444 or 4444 from any on-campus phone.

OFF-CAMPUS DISCLOSURE?
Call 911, having any other party involved only delays the process.

UNSURE? CALL THE CRISIS LINE

After completing the emergency procedure complete a Care Report so the OSA team can follow up.

**DISTRESSED**

Showing significant changes in behaviour or appearance, recent trauma, deteriorating mental health

CONCERNED ABOUT A STUDENT?
Submit a Care Report.
Keep your Chair or Departmental Supervisor informed.

**STRESSED**

Showing some signs of distress and can identify a few coping strategies.

WANT TO SHOW SUPPORT?
Show care & connect the student to the appropriate Mental Health resources.
Follow up to check-in! Let the student know that your door is open.

Not sure what to do? Refer to the Supporting Students in Distress guide and the Mental Health and Wellbeing website for more information and resources.

carleton.ca/wellness