

Off-Campus Support

Community Connect:
www.communityconnectyc.ca

Calgary Distress Center:
distresscentre.com
(403) 266-4357

Access Mental Health:
www.albertahealthservices.ca/services/Page11443.aspx
(403) 943-1500

Suicide Crisis Line: 988
Help Line: 211

Calgary Food Bank:
<https://www.calgaryfoodbank.com>



1

Identify

Pay attention to warning signs.
You may be the first person to notice a person in distress

2

Reflect

Determine the level of concern.

3

Respond

Connect the person in distress to help.
Remember that any response is better than staying silent.

4

Report

Follow up with report in StMU Cares log

1 IDENTIFY

Is a student in distress?



POSSIBLE SIGNS OF DISTRESS

- Dramatic changes in academic performance
- Social withdrawal or isolation
- Notable changes in appearance or hygiene
- Moodiness and high irritability
- Unusual behavior (unexplained crying or laughter, confusion, rapid speech, paranoia)
- Frequent lateness or absenteeism
- Potential withdrawal from or failure in class/program
- Victim or perpetrator of sexual assault, harassment, bullying, abuse, stalking, discrimination
- Substance abuse
- Self-harming behaviour, such as hitting or cutting
- Low energy or falling asleep in class

CONVERSATION TIPS:

- Conduct in a quiet/private place
- Be calm
- Do a check-in and ask “what’s happened/happening” *not* “what’s wrong with you”
- Be specific about the behavior you have observed, and don’t be afraid to express concern.
- Converse out of concern, don’t ask questions out of curiosity or investigation
- Avoid asking too many questions
- Be a patient listener. Acknowledge how the student is feeling and let them know that you want to help.

2 REFLECT

What is the level of concern?



EMERGENCY:

IMMEDIATE RISK OF HARM TO SELF OR OTHERS

Behaviour that is violent, destructive, harmful, aggressive or threatening to self or others (i.e. immediate risk of suicide)



URGENT:

RISK OF HARM IS PRESENT BUT NOT IMMEDIATE

Hopelessness, experiences of violence or abuse, thoughts of suicide, or other urgent mental health issues



CONCERNING:

DISTRESSED BUT RISK OF HARM IS LOW

Homesickness, loneliness, depression, anxiety, grief, anger, relationship problems, academic concerns, substance use



3 RESPOND

Connect to the appropriate resources

When in doubt, contact StMU Cares or the Student Success Centre (403) 254-3735



CALL 911 FIRST



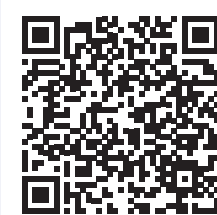
THEN CALL CAMPUS SECURITY:
403-671-HELP (403-671-4357)

If you feel threatened or at risk, get somewhere safe.
If the student is not a threat to others, stay until help arrives.



CONTACT STMU Cares

<https://bit.ly/3VHrmgS>



CONNECT TO RESOURCES
On-Campus Support:



STMU Counseling
counselling@stmu.ca
<https://stmu.janeapp.com/>



STMU Cares
<https://bit.ly/3VHrmgS>



Accommodations Support
<https://bit.ly/3ZCsVy8>

Food Pantry
Located in McGivney Hall (M108)

Academic Advising
advising@stmu.ca

4 REPORT

Follow up with report in StMU Cares log



1. File a Report in the **StMU Cares** log.
<https://bit.ly/3VHrmgS>

2. A report should be filed on the St. Mary's Safe app under **Report an Incident**.



DON'T FORGET TO TAKE CARE OF YOURSELF!
Your Employee Assistance Program is here to help:



File a Report in the **StMU Cares** log.
<https://bit.ly/3VHrmgS>

FSEAP Alberta
PW: myfseap



4 REPORT

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