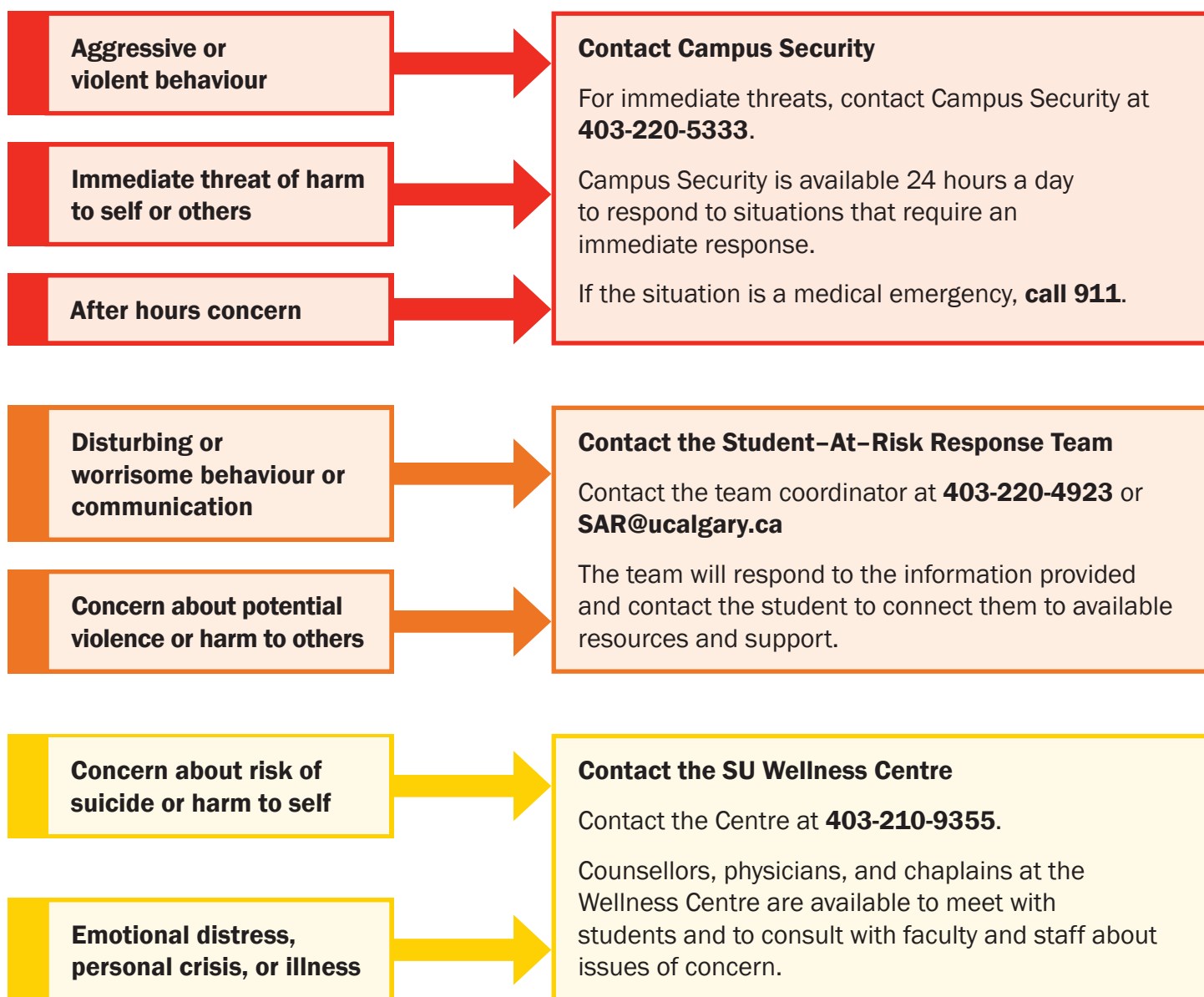


Responding to Students in Distress

Distressing events may happen at any time to anyone. This resource, designed for your quick reference, aims to help guide your response when you feel a student may be in distress. It will also help familiarize you with campus resources that are available in support of our students when and if the need ever arises.

Concern

How to help



When in doubt, contact any one of the resources listed above. Please see the back of this page for more information on available campus resources.

Services that respond to students in distress

Campus Security 403-220-5333

Campus Security is available 24 hours a day, 7 days a week. For immediate concerns, Campus Security will respond and involve the appropriate resources (i.e. Police, EMS) as required. Campus Security can also be contacted by using one of the emergency phones located on campus.

Campus Security will share information with the Student-at-Risk Response Team in situations where follow-up is required.

Student-at-Risk Response Team 403-220-4923

This multidisciplinary team responds to concerns regarding students-at-risk, to provide support to the student, and to involve other resources as required. The coordinator of the Student-at-Risk Response Team is responsible for receiving information from members of the campus community and calling together the team as required.

A “student-at-risk” is defined as any student whose physical or mental state is such that they have become or may be a threat to themselves, others, or the University of Calgary community in general.

SU Wellness Centre 403-210-9355

The SU Wellness Centre (MSC 370) is open Monday to Friday from 9:00 a.m. – 4:30 p.m. Individuals who recognize a student in distress may contact the Wellness Centre to discuss how to best support the student. Alternatively, you may choose to discuss your concerns directly with the student and encourage the student to contact the Wellness Centre for support.

Off Campus After Hours Resources

Distress Centre 403-266-HELP (4357)

The Distress Centre is available 24 hours a day—free of charge. Individuals can call the confidential crisis line to access support and connect with resources.

Health Link 403-943-LINK (5465)

Registered nurses provide services and health information about symptoms and concerns 24 hours a day, seven days a week.