



Student Wellness and Accessibility Centre (SWAC)

UNIVERSITY OF GUELPH-HUMBER

FACULTY ORIENTATION

AUGUST 31, 2021

Student Wellness and Accessibility Centre (SWAC)

Accessible Learning Services	Health Services	Counselling Services	Student Support and Intervention Coordinators (SSIC)
Accessibility Consultants Accessible Learning Officers Assistive Technologists	Registered Nurses Medical Doctor (MD) Psychiatrist	Registered Psychotherapists Registered Social Workers	Case Management
Phone and Video Call appointments available	Phone and Video call appointments available Limited in-person appointments on an as needed basis (RN, MD)	Phone and Video Call appointments available	Phone and Video Call appointments available
By Appointment Email SWAC@humber.ca Call: 416-675-5090	By Appointment Email SWAC@humber.ca Call: 416-675-5090	By Appointment Email SWAC@humber.ca Call: 416-675-5090	Monday – Friday 8:30am – 4:30pm Email: SICsupport@humber.ca Call 416-675-6622 ext. 5162

Student Support and Intervention Coordinators (SSICs)

Internal & External Referrals for Supports/Services

Any student looking for internal (within UofGH) or external (community-based) referrals.

Example:

Referrals or supports for emergency housing, food insecurity, human rights concerns, mental health and substance use, sexual violence, etc.

Consults for Staff & Faculty

College staff or faculty looking for direction on how best to support a challenging or distressed student.

Example:

A student exhibiting odd behaviour in class or on a test or assignment and faculty is unsure how to handle this situation.

Goal-Oriented Case Management

A student who is looking for specific, goal-oriented case management support which is conducive and relevant to their academic success as a student of the College.

Example:

A student is facing homelessness and needs a place to live in order to be academically successful.

Commons situations SSICs support

- **Homelessness**
Referrals to emergency shelters, transitional housing, visits
- **Food insecurity**
Referrals to food banks in the individual's area
- **Financial Support**
IGNITE Bursary, Financial Services, Awards and Bursaries, budget management strategies
- **Mental Health Supports**
Referrals to counselling (on/off campus), health practitioners (on/off campus), treatment centers, Accessible Learning Services
- **Sexual violence**
Survivor and respondent support

Disclosures of Sexual Violence

All Humber & Guelph-Humber employees are **required** to report any disclosures of sexual violence to their supervisor.

SSICs are the primary point of contact for all disclosures from students of sexual violence (recent or historical).

SSICs invite students to connect to learn about supports and options available (formal reporting, mental and physical health referrals, etc.).



SSIC Response to Sexual Violence

Levels and Types of Support from SSICs:

Immediate medical support (such as a referral to Health Services, Chantel's Place, Women's College Hospital)

Wellness support on and off campus (such as counselling/therapy, self-care resources, referrals to Assaulted Women's Helpline, Toronto Rape Crisis Centre)

Safety planning for students with safety concerns on- and off-campus in collaboration with Public Safety.

Providing information on reporting options with Office of Student Conduct, the police. SSICs act as a support person throughout the process, and lend support in navigating systems and resources at Humber and in the community

Academic accommodations/considerations: Liaising with faculty and placement coordinators regarding academic deadlines, tests, exams, placement/internship accommodations, etc.



wegotyouthumber.ca

Yellow Folder: Helping you assess situations

Yellow Folder: a resource for you!



wegotyouthumber.ca

Yellow Folder: Helping you assess situations

Use the Yellow Folder to assess level of urgency

CONCERN

- Academic disruptions (missed assignments/tests, increased absences, etc.)
- Change in behaviour/mood
- Disturbing content noted in assignments/tests

CONSULT

Student Support & Intervention Coordinators (SSIC) 8:30am-4:30pm

- Behavioural consultation
- Internal/external referrals
- Emergency housing
- Sexual violence disclosures

URGENT

- Suicidal ideation
- Emotional difficulties
- Distortions of reality
- Sexual violence

REFER

Student Wellness & Accessibility Centre (SWAC) 8:30am-4:30pm

- Health Services
- Counselling Services

AFTER-HOURS

- Public Safety: Ext. 8500
- Good2Talk: 1.866.925.5454

EMERGENCY

- Drug & alcohol misuse (or suspected overdose)
- Active plan for suicide
- Threats of violence
- Harm to self or others

CALL FOR SUPPORT

- Public Safety: Ext. 4000
- Police Services: Call 911



wegotyouthumber.ca

Therapy Assistance Online (TAO)

- ▶ Available to all Guelph-Humber students for free. Sign up using @guelphhumber.ca email address to have 24/7 access: <https://thepath-ca.taoconnect.org/>
- ▶ Online, interactive and self-directed modules and activities to help with symptoms of anxiety, depression, stress and more.
- ▶ Modules offered by TAO include CBT for stress and anxiety, behavioural activation for depression, pain management and interpersonal relationships and communication.
- ▶ Students working with a therapist in SWAC, can be added to TAO Connect to supplement sessions outside of appointments and business hours.



Good2Talk

Good2Talk is **free, confidential helpline**, providing professional counselling, information and referrals for mental health, addictions and well-being to **post-secondary students in Ontario**

Available 24/7/365

Phone: 1-866-925-5454

Text Support: Text 686868 to GOOD2TALKON

More information is available at:

<https://good2talk.ca/>



1.866.925.5454
or connect through 2-1-1

Post-Secondary Student Helpline

KeepMeSafe

for International students

24/7 Real-time support

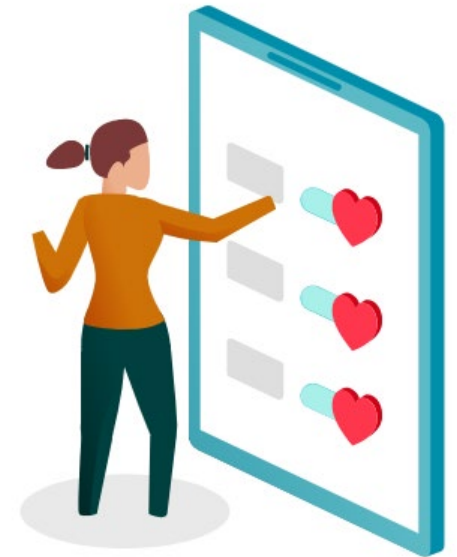
Real-time and appointment-based counselling services, providing multilingual wellness support are available night and day via phone and live chat.

Experienced professionals

Professionally trained counsellors with experience dealing with the challenges faced by students.

Accessible via phone, web or via app

Using the app, students can call or chat with a counsellor directly as well as access a wide variety of multilingual self-help resources, including articles, videos and assessment tools.



KeepMeSafe

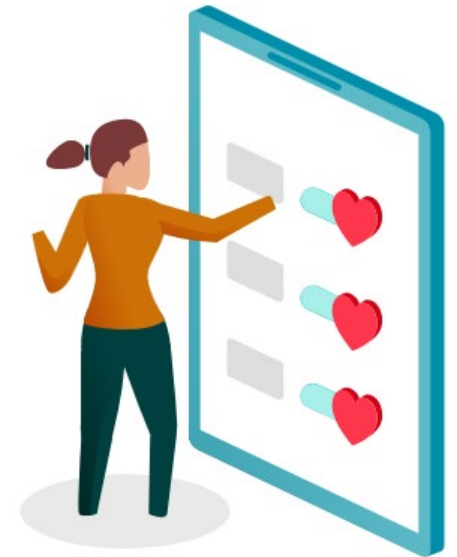
for International students

For real-time telephone support, call
1-844-451-9700 (Canada & USA)
+1-416-380-6578 (anywhere else) or
[Download](#) the My SSP app

More info here:

https://www.guard.me/keepmesafe_student/

Click [HERE](#) for a **brochure**



Various supports within the GTA

www.211toronto.ca

Search engine with contact information to hundreds of supports and services available in the GTA . Find one that's closest to you.

Sample searches:

- Food banks
- Housing
- Mental Health/Addictions
- Homelessness
- Employment



TEXT **211** | LIVE CHAT
MON - FRI | 7AM - 9PM ET

Need help?
Call 211

TTY: 1-888-340-1001
24 hours a day | 7 days a week
Free | Confidential | Live Answer



Thank you!