

**WE ARE
SUPPORTIVE**

**WE ARE
HUMBER**

Post-secondary studies can be a challenging time for students. Generally there are signs that a student may be struggling long before a situation escalates to a crisis. Faculty and staff are well-positioned to recognize behaviour that may indicate that a student is in distress and may require help. Being able to recognize the signs of distress and being willing to address your concerns directly are critical first steps in assisting the student.

FIRST STEPS

1. APPROACH

- Feel free to express concern
- Be specific about the behaviour you are concerned about
- Say: "I've noticed that you have been absent from class lately and I'm concerned about you."

2. LISTEN

- Listen without judgment
- Speak in a safe and reasonably private place
- Say: "Is there anything I can do to help you?"

3. SUPPORT

- Acknowledge their thoughts and feelings
- Set a supportive and positive tone
- Say: "It sounds like things are difficult right now. I'd like to help you."

CONCERN

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

URGENT

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

EMERGENCY

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

CONSULT

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

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

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

CALL FOR SUPPORT

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

REFERRALS

MAKING A REFERRAL

- Consult with the Student Wellness and Accessibility Centre or SSICs, if you are unsure of how to proceed
- Provide the student with information to take away (Good2Talk or other resource contact info)
- Offer to follow up with the student, if they are comfortable
- Say: "Here's a card with the number of a service that can help you."

IF A STUDENT SAYS "NO" TO A REFERRAL

- If there are immediate concerns about safety, call 911 and Public Safety
- If it is not an emergency, respect the student's right to refuse help
 - Keep the lines of communication open
 - You are still welcome to connect with a SSIC for consultation purposes

SEXUAL VIOLENCE

Any report of sexual violence should be taken seriously. Humber is committed to supporting survivors.

Should a student disclose experiencing or witnessing sexual violence, refer them to the Student Support and Intervention Coordinators or Public Safety for support. Faculty

and staff are required to report such disclosures to their direct supervisor.

For more information on Humber's Sexual Violence policy, please visit:

[humber.ca/policies/sexual-assault-and-sexual-violence-policy](https://www.humber.ca/policies/sexual-assault-and-sexual-violence-policy)

IN CASE OF LIFE THREATENING SITUATIONS OR EMERGENCIES CALL 911 OR PUBLIC SAFETY AT 416.675.6622 EXT. 4000

RESOURCES

PUBLIC SAFETY

Emergency Number:
416.675.6622 ext. 4000
General Enquiries:
416.675.6622 ext. 8500
[humber.ca/publicsafety](https://www.humber.ca/publicsafety)
Available 24/7

STUDENT SUPPORT & INTERVENTION COORDINATORS (SSIC)

416.675.6622 ext. 2102
8:30-4:30 Mon-Fri
SSICsupport@humber.ca

STUDENT WELLNESS & ACCESSIBILITY CENTRE (SWAC)

North Campus:
416.675.6622 ext. 5090
Lakeshore Campus:
416.675.6622 ext. 3331
8:30am-4:30pm Mon-Fri
[humber.ca/counselling](https://www.humber.ca/counselling)
[humber.ca/health](https://www.humber.ca/health)

OFFICE OF STUDENT CONDUCT

416.675.6622 ext. 5723
8:30am-4:30pm Mon-Fri
studentconduct@humber.ca

GOOD2TALK

Post Secondary Student Helpline
1-866-925-5454
Available 24/7

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