

FOR ILLNESS OR INJURY
Emergency Medical Situations: 9-1-1
Campus Security: 250-721-7599

IF YOU FEEL UNSAFE
Call 9-1-1 OR
250-721-7599 (Campus Security and Personal Safety)



UVic Student
Mental Health Initiative

SUPPORT IS AVAILABLE TO YOU

As a faculty or staff member, helping a student in distress can affect your personal well-being. Take steps to maintain your own wellness. It may be important to debrief with supervisors or colleagues or to contact the Employee and Family Assistance Program (1-800-663-9099), which offers confidential counselling and other support services for faculty and staff.

For more information on the Student Mental Health Strategy or for other resources, please visit the UVic Student Mental Health website at uvic.ca/mentalhealth

Information on relevant university policies is available at uvic.ca/universitysecretary/policies



**University
of Victoria**

Student Affairs

QUICK REFERENCE GUIDE: Assisting students in distress



UVic Student
Mental Health Initiative

CAMPUS RESOURCES AND SUPPORT

Campus Security and Personal Safety Coordinators
250-721-7599 | uvic.ca/security

Division of Student Affairs
250-721-6421 | uvic.ca/studentaffairs

Resource Centre for Students with a Disability
250-472-4947 | uvic.ca/rcsd

Residence Services
250-721-8395 | uvic.ca/housing

International Student Services
250-721-6361 | uvic.ca/international/students

Office of Indigenous Affairs
250-472-4913 | uvic.ca/services/indigenous

UVic Counselling Services
250-721-8341 | uvic.ca/counselling

UVic Health Services
250-721-8492 | uvic.ca/health

Judicial Affairs Office
250-721-8865 | uvic.ca/judicialaffairs

Equity and Human Rights Office
250-721-7007 | uvic.ca/eqhr

Student Awards and Financial Aid
250-721-8423 | uvic.ca/safa

QUICK REFERENCE GUIDE: ASSISTING STUDENTS IN DISTRESS

Where do I start?

If you are concerned about a student, don't let uncertainty stop you from taking action. Begin by recognizing signs that a student may be in distress. On-campus resources are available to consult and to provide confidential advice and support.

POSSIBLE SIGNS OF STUDENT DISTRESS

- **significant changes in behaviour and performance** (e.g. uncharacteristically poor academic performance, temperament changes, agitation, confusion, outbursts, changes in physical appearance)
- **isolation or social withdrawal** (e.g., previously involved student stops attending classes)
- **signs of excessive drug or alcohol use**
- **creation or distribution of concerning communications** (e.g., emails or assignments containing harassing or threatening language)
- **expressed feelings of hopelessness or despair or behaviours that indicate a likelihood of harm to self or others** (e.g. suicidal ideation, verbal, written or creative work that includes plans to harm self and/or others)
- **preoccupation with/or expressions of violence, or persons who have engaged in violent acts or with weapons**

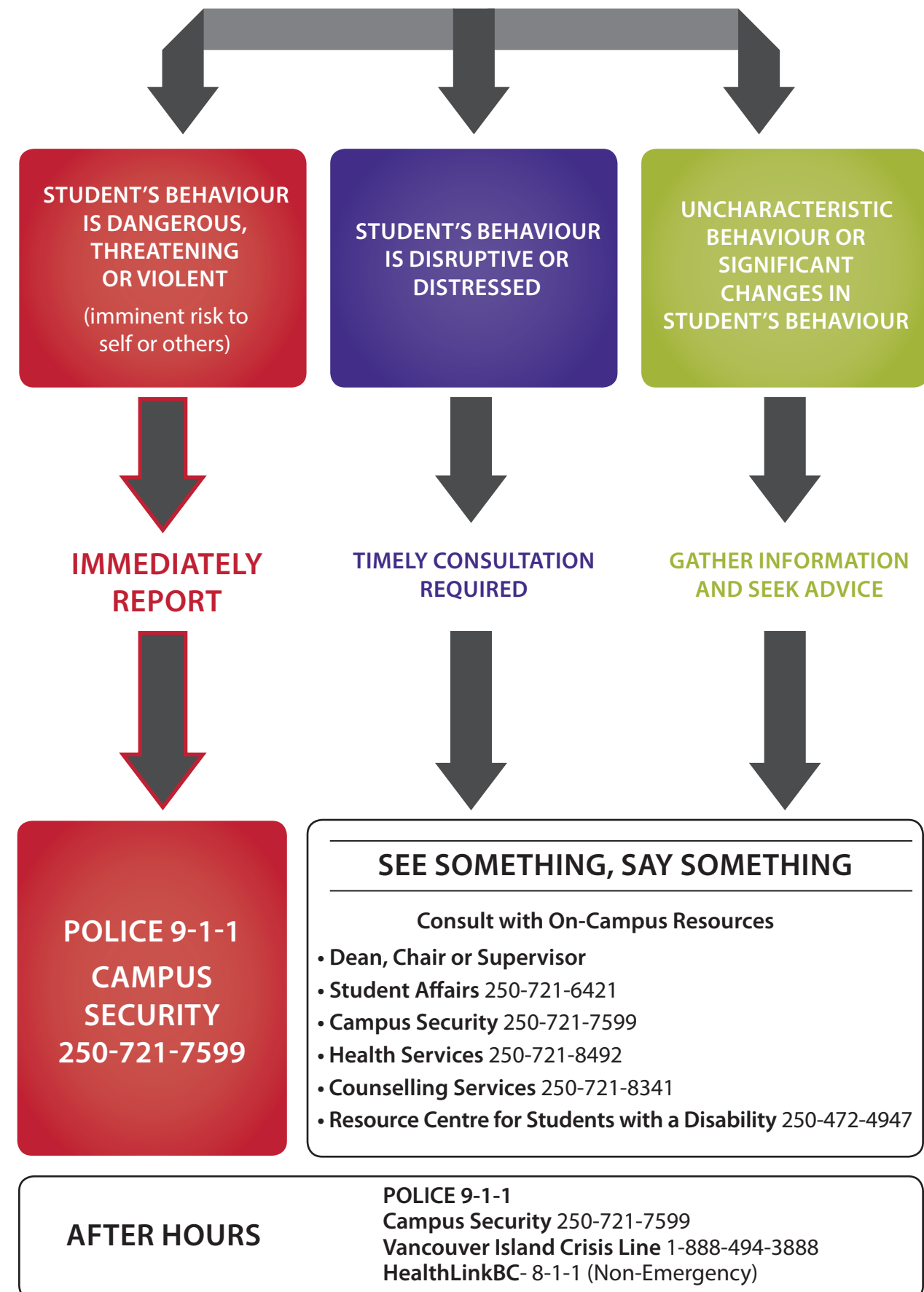
A student exhibiting troubling behaviours is likely having difficulties in various settings including other courses, with roommates, with family, and in other campus or social settings.

A coordinated response helps us work towards a safer and supportive campus.

TIPS FOR ASSISTING A STUDENT IN NEED

1. Have a direct conversation with the student if you feel comfortable doing so
2. Ensure your personal safety in the environment. Use a calm, non-confrontational approach
3. Ask if the student is already connected to one of UVic's student services or a community resource
4. Share information, while protecting identifiable student personal information, and consult with appropriate university staff as necessary
5. If needed, possible courses of action can be discussed with your Supervisor/Chair/Dean, Campus Security, Student Affairs, Health Services, Counselling Services
When you are consulting with our campus resources, state what you have seen, focusing on observed behaviours. Do not attempt to diagnose

RECOGNIZING CONCERNING STUDENT BEHAVIOUR



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