

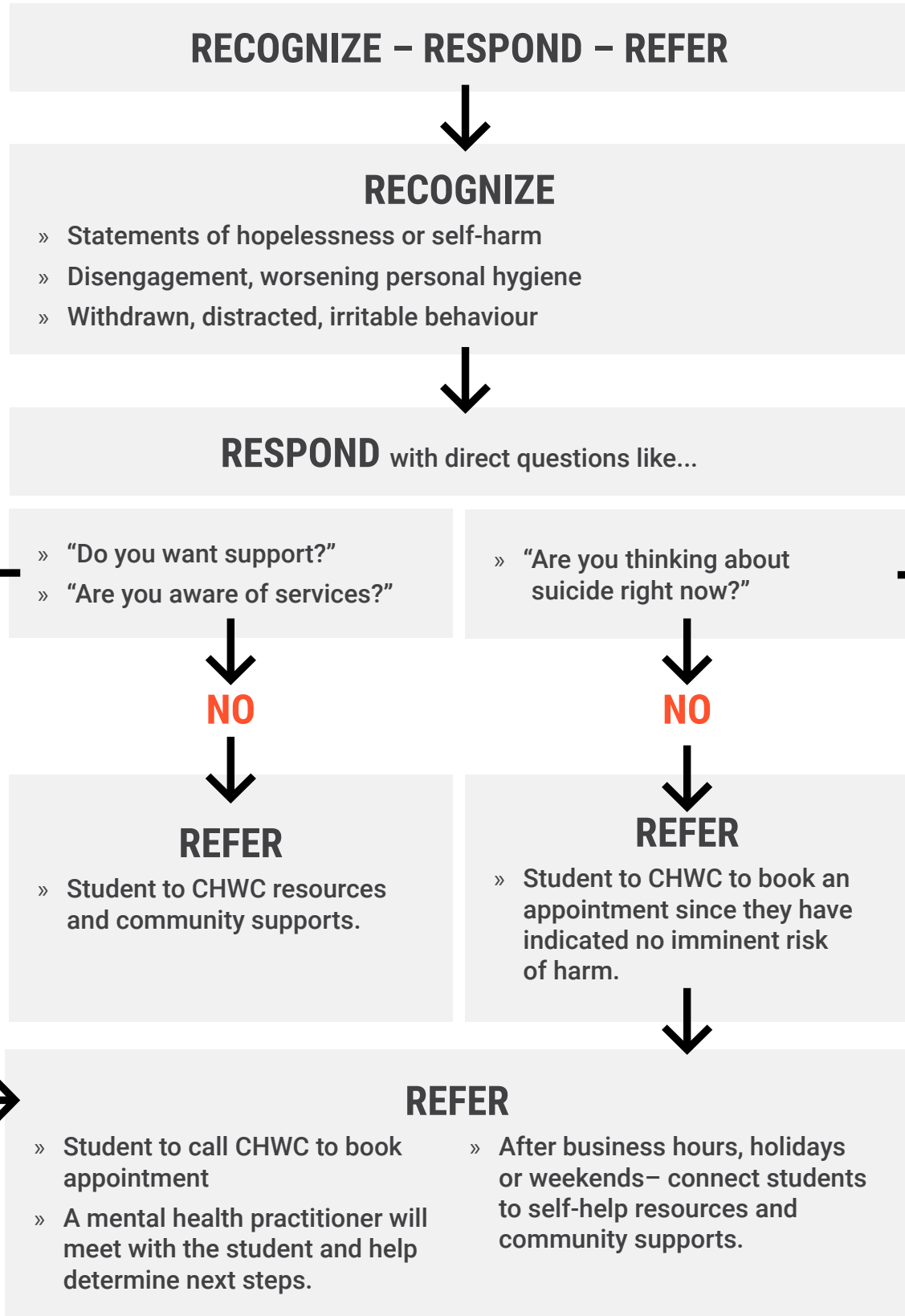
LISTENING IS POWERFUL
Sometimes individuals simply need reassurance, validation and a safe space where someone will listen.

CRISIS LINES

- » **Good2Talk**
1.866.925.5454
www.good2talk.ca
- » **I.M. Well**
1.877.554.6935
www.studentvip.ca
- » **Ontario 211 Community and Social Services Help Line**
Dial 211
www.211ontario.ca
- » **Ontario Shores 24/7 Crisis Support**
1.800.263.2679
- » **Real Campus 24/7**
1.877.390.7325
<https://realcampus.ca/durham/>

COMMUNITY SUPPORTS

- » **ConnexOntario**
1.866.531.2600
www.connexontario.ca/en-ca/
- » **CMHA**
416.977.5580
www.ontario.cmha.ca/



CAMPUS RESOURCES

- » **Office of Equity, Diversity and Inclusion/ Sexual Violence Support**
T: 905.721.2000 ext. 2855
E: diversity@durhamcollege.ca
- » **First Peoples Indigenous Centre**
T: 905.721.2000 ext. 2529 or 2573
E: indigenous@durhamcollege.ca
- » **Access and Support Centre**
T: 905.721.3123
E: asc@durhamcollege.ca

CALL 911 IMMEDIATELY
IF THERE MAY BE IMMINENT RISK OF HARM TO SELF OR OTHERS

- » If student is on campus, also call Security at ext. 2400 from a campus landline or 905.721.3211 from a mobile phone.

MENTAL HEALTH AND WELL-BEING FRAMEWORK

- » This framework outlines the guiding principles under which DC operates in order to protect and promote health and wellness within the campus community.

Visit www.durhamcollege.ca/mentalhealthframework