

# Are you feeling unsafe or in need of immediate support?

Let's figure it out together.

## Are you at risk or unsafe?

### Yes. I'm...

#### EMERGENCY



- Planning or acting on thoughts of suicide.
- In a dangerous situation that threatens to harm myself or others.

#### OFF-CAMPUS

If you're experiencing an immediate, life-threatening situation, **call 911 right away.**

#### ON-CAMPUS

##### Campus Security 24/7

-  **Thornton (DRA 101.7)**  
905-435-5111
-  **850 King (PLZ 201)**  
905-435-5124
-  **Simcoe (ALC Front Desk)**  
905-435-5123

#### ADDITIONAL RESOURCES

-  **Consent at Trent**  
Support for sexual and/or gender-based violence.  
[consent@trentu.ca](mailto:consent@trentu.ca)
-  **I.M. Well**  
Mental health and wellness services as part of the TDSA health and dental plan.  
[admin@mytdsa.ca](mailto:admin@mytdsa.ca)
-  **Student Charter of Rights and Responsibilities**  
Further information about complaint processes, student rights and responsibilities, and safety resources.  
[www.trentu.ca/currentstudents/policies-decision-making](http://www.trentu.ca/currentstudents/policies-decision-making)



#### URGENT

- Having thoughts of suicide and/or self-harm.
- Experiencing intense emotions and/or physical sensations.

#### OFF-CAMPUS

##### Crisis Lines 24/7

-  **Suicide Crisis Helpline**  
National suicide prevention and crisis line.  
Call or Text 9-8-8
-  **Durham Mental Health Services**  
Short-term crisis beds and crisis support line.  
1-800-742-1890
-  **Durham Distress Centre**  
Crisis and suicide intervention.  
1-800-452-0688
-  **Durham Rape Crisis Centre**  
Crisis support line.  
905-668-9200

#### ON-CAMPUS

##### Mental Health Services By Appointment Only

-  **Trent Durham Counselling**  
Short-term support.  
[durhamcounselling@trentu.ca](mailto:durhamcounselling@trentu.ca)
-  **Indigenous Services (FPHL)**  
Cultural Services.  
[fphlculturalcounsellor@trentu.ca](mailto:fphlculturalcounsellor@trentu.ca)
- Trent U Safety App**  
Available on Android and iOS
- Campus safety tools including friend location sharing, emergency alerts, plans, contacts, and direct communication with security.



Scan to learn more about the supports and services available at Trent Durham.

### No. I'm...

#### WORRYING

- Coping with academic or personal stress.
- Feeling sad, anxious, panicky, lonely, or other uncomfortable emotions.

#### OFF-CAMPUS

##### Helplines

-  **Good2Talk**  
Call 1-866-925-5454  
Text GOOD2TALKON to 686868  
Sun-Sat, 24/7
-  **Black Youth Helpline**  
1-833-294-8650  
Sun-Sat, 9:00am-10:00pm
-  **2SLGBTQ+ YouthLine**  
Text 647-694-4275  
Sun-Fri, 4:00-9:30pm
-  **Beendigen - Anishinabe Women's Helpline**  
Call or Text 1-855-554-HEAL  
Sun-Sat, 24/7
-  **Naseeha - Muslim Helpline**  
1-866-627-3342  
Sun-Sat, 24/7

#### ON-CAMPUS

##### Academic Services By Appointment Only

-  **Academic Advising**  
Course planning, degree progression, and help understanding Trent policies.  
[durhamacademicadvising@trentu.ca](mailto:durhamacademicadvising@trentu.ca)
-  **Academic Skills**  
Learning supports for all students—workshops, small groups, online resources.  
[academicskillsdurham@trentu.ca](mailto:academicskillsdurham@trentu.ca)
-  **Student Accessibility Services (SAS)**  
Accommodation plans and learning strategies for students with a disability.  
[durhamsas@trentu.ca](mailto:durhamsas@trentu.ca)
-  **Financial Aid - B315**  
Payment plans, OSAP, out of province assistance, work-study, scholarships, bursaries, and tuition and fee information.  
[financialaid@trentu.ca](mailto:financialaid@trentu.ca)