Responding to Students in Distress: Peterborough Campus

Mental Health Emergency	Urgent Concern	Mental Health Challenge
A serious situation resulting in actual or potential harm **warrants immediate action to keep oneself or others safe**.	Warrants prompt attention but does not involve an immediate safety threat to oneself or others.	Warrants attention and can be resolved with a standard referral for mental health support.
• Suicide attempt • Threats of violence • Serious injury • Substance overdose • Acute psychosis, mania, paranoia, delirium or confusion • Seizure	• Thoughts of suicide • Disclosure of sexual violence • **OR** you feel concerned but are unsure whether immediate support is required, please call to consult with:	• Stress impacting wellbeing • Tearfulness • Trouble managing symptoms of mental illness • Interpersonal challenges
Call 911 **Campus Security** **705-748-1333** **Trent University Emergency First Response Team (TUEFRT):** **705-748-1333**	**Monday - Friday:** **9 AM - 4 PM** Counselling Services: 705-748-1386 Campus Security: 705-748-1333 Sexual Violence Prevention and Response Manager: 705-748-1011 x 7792 Trent CARE Team trentu.ca/careteam **After 4 PM or Weekends:** Campus Security: 705-748-1333 Kawartha Sexual Assault Centre (KSAC): 705-741-0260 National Suicide Crisis Helpline: **988**	Counselling Services: 705-748-1386 Indigenous Student Therapist: fphlcounsellor@trentu.ca Room: ENW 330 Student Health Services: 705-748-1481 International Student Wellness Assistant 705-748-1011 ext. 1696 internationalwellness@trentu.ca Good2Talk Post-Secondary Student Helpline: Call: 1-866-925-5454 Text: GOOD2TALKON to 686868

TRENT UNIVERSITY
Student Wellness Centre
COUNSELLING | HEALTH | ACCESSIBILITY