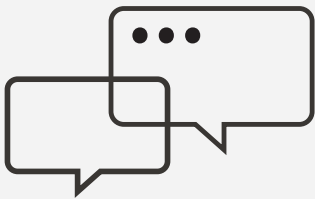


HELPING SOMEONE IN DISTRESS



RECOGNIZE UNUSUAL BEHAVIOUR

Do you see any behaviour that may be out of character or unusual for someone? Early intervention plays a key role in supporting mental health challenges.



RESPOND WITH CONCERN AND EMPATHY

Non-judgmental and supportive language includes:

- "I have noticed..."
- "I am concerned..."
- "I hear what you are saying..."
- "How can I help you to..."



REFER THE PERSON TO AVAILABLE RESOURCES

Non-judgmental and supportive language includes:

- "What do you need in order to..."
- "Can I suggest..."
- "uOttawa Wellness website has lots of resources. Let's look at it together..."

HIGH RISK OF HARM

Behaviour that is violent, destructive, harmful, aggressive or threatening to self or others.

This is an emergency.

uOttawa Protection Services, 24/7:
613-562-5411

Off Campus Emergency Services, 24/7:
911

MODERATE RISK OF HARM

Changes in personal appearance and hygiene, low mood, avoidance of people, substance use concerns, disorganized thinking, expressions of hopelessness, or references to suicide.

Students, (Good2talk), 24/7:
1-866-925-5454

Employee and Family Assistance Program (EFAP), 24/7:
1-844-880-9142

LOW RISK OF HARM

Difficulty with studies, family or relationship problems, chronic health conditions, difficulty concentrating, issues with sleep, increased interpersonal conflict.

For all services and many more resources

uOttawa.ca/wellness

