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.

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

Students, (Good2Talk), 24/7:
1-866-925-5454

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

For all services and many more resources
uOttawa.ca/wellness

Original concept for this document courtesy of University of British Columbia Vancouver campus.
HELPING YOURSELF WHEN IN DISTRESS

RECOGNIZE Have you noticed unusual behaviour or feelings?

<table>
<thead>
<tr>
<th>HIGH RISK OF HARM</th>
<th>MODERATE RISK OF HARM</th>
<th>LOW RISK OF HARM</th>
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<tbody>
<tr>
<td>Are you thinking frequently of harming yourself, or seriously considering suicide?</td>
<td>Are you avoiding family, coworkers and friends or feeling isolated?</td>
<td>Are you feeling overwhelmed in your studies or your work?</td>
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<tr>
<td>Are you missing most of your classes or work?</td>
<td>Have you stopped taking care of yourself or your personal hygiene?</td>
<td>Are you having family or relationship issues?</td>
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<td>Has something unexpected happened in your life, like a death or accident?</td>
<td>Are you having difficulties concentrating or with your sleep?</td>
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<td>Are you taking substances, like drugs or alcohol to cope?</td>
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RESPOND Reach out to the uOttawa community

The uOttawa community has resources to help. What works for you right now?

### STUDENTS

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<th>24/7 Help</th>
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<tr>
<td>• Good2Talk, 24/7 bilingual student helpline – 1-866-925-5454</td>
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<tr>
<td>• Undergraduate Health Plan (UOSU) – 1-844-741-6389</td>
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<td>• Graduate Health Plan (GSAED) – 1-855-649-8641</td>
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**Speak to someone in person**

- Counselling: Walk-in, or pick an appointment online that suits you at sass.uOttawa.ca/en/personal, by calling 613-562-5200 or by email at couns@uOttawa.ca.
- The team at Counselling Services is there to help students dealing with difficulties impacting their academic studies, so please consider reaching out to speak to them confidentially about your particular needs.

### EMPLOYEES

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<tr>
<td>• Employee and Family Assistance Program (EFAP) 1-844-880-9142</td>
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<tr>
<td>• Crisis Line: 613-722-6914 or 1-866-996-0991 (Bilingual)</td>
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**Speak to someone in person**

- Book an appointment via the EFAP at 1-844-880-9142
- Health issues related to work, contact the Health and Wellness Sector, Human Resources 613-562-5800 ext: 1473
- Manulife Health Plan
  Eligible employees can be reimbursed for expenses related to eligible health professionals, see ‘My Info’ section of Human Resources website for more information about benefits.

Should you require medical support, please consult with your physician or health professional.

The University of Ottawa Health Service Family Health Team is available on campus.

Visit the walk-in clinic or call to make an appointment with a family doctor or nurse practitioner: 613-564-3950

If at any time you are at immediate risk of harming yourself or others, on campus call Protection at 613-562-5411, or off-campus call Emergency Services at 911

REFER Learn about the many supports available to help uOttawa.ca/wellness