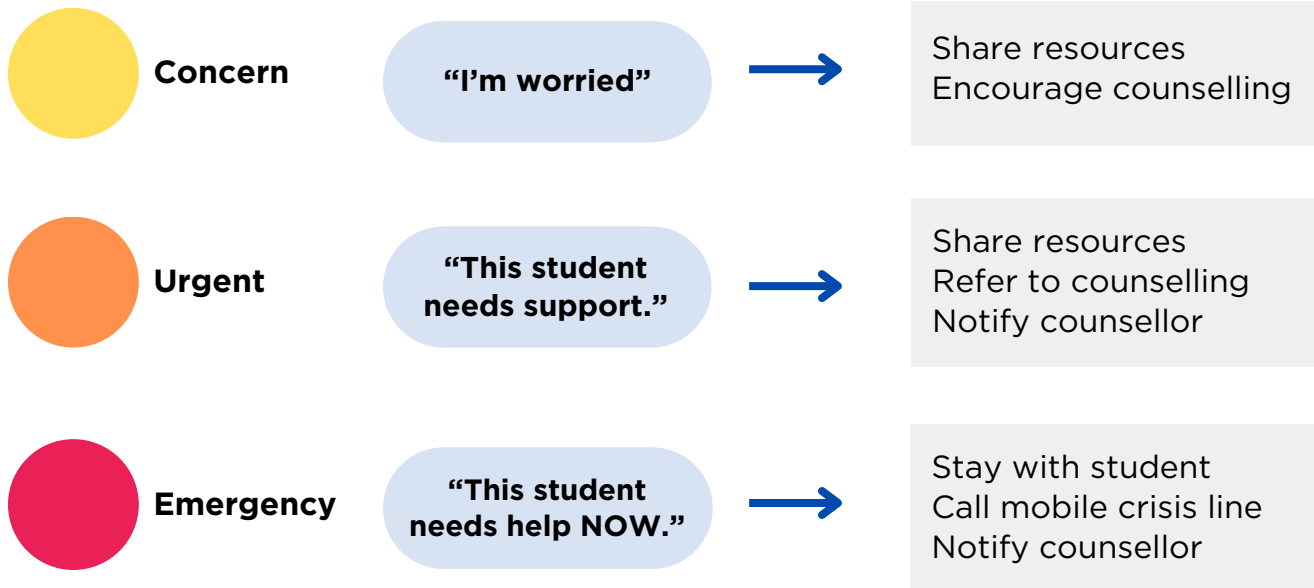


Guide: Supporting Students in Distress

All staff, faculty and students share the responsibility of helping others when their health and wellness is suffering. We do this by **noticing signs of distress, engaging** with the student to offer support, **sharing your concerns** with someone who can help, and **referring** the student to resources or help as needed.



Concern

When you are concerned for a student or notice signs of distress *without posing a risk to self or others* and think they may need support

Signs of distress may include:

- Increased absences from classes or studio
- Decreased participation in classes or studio
- Excessive exhaustion (i.e. falling asleep in class repeatedly)
- Loss of interest in class material or increased difficulty concentrating
- Disturbing or alarming content in student’s work or its presentation

What to do:

- Encourage student to email counsellor@nscad.ca
- Share NSCAD’s Health and Wellness web page for further resources
- Share Good2talk 24/7 counselling line: 1-833-292-3698

Urgent

When you feel a student has a serious need for help *but does not pose a threat of harm to self or others*.

The concerns from above may be present and include:

- Talk or mention of suicide or suicidal thoughts, without a clear indication of planning or intention.
- Expressions of hopelessness
- Significant emotional difficulties

What to do:

- Upon noticing signs of distress, please notify the counsellor to share your concerns and updates on any steps already taken, including if student is refusing to engage with provided supports.

During REGULAR BUSINESS HOURS (9am-4pm):

- Refer student to a counsellor by facilitating an email introduction to counsellor@nscad.ca
- Share 24/7 counselling phone number from Good2Talk
- Share NSCAD's Health and Wellness web page highlighting counselling booking link

During EVENINGS & WEEKENDS:

Email or call student to share the following:

- Good2talk 24/7 counselling line: 1-833-292-3698
- Mental Health Mobile Crisis Line: 902-429-8167 or 1-888-429-8167 (available 24 hrs per day)
- Suicide Helpline at 988
- NSCAD's Health and Wellness web page (counselling link)

Emergency:

It is an emergency if the student is actively experiencing a mental health crisis, meaning they are actively planning suicide, possess a threat of immediate harm to self or others, or are experiencing a psychotic break.

Signs of an emergency may include any of the above, as well as:

- Student sharing imminent intention of suicide, self-harm, or harm to others
- Perceived disconnection from reality (i.e. paranoia, delusions, hallucinations, etc)
- Erratic behaviour (i.e., pacing, physical or verbal aggression, etc)

What to do:

- Call campus security
- Call Mobile Mental Health Crisis Line at 902-429-8167 or 911
- Stay with the student until they receive help. If you can't stay, find someone else who can.
- Notify counsellor@nscad.ca to provide details of the situation and any actions taken

NSCAD Contacts

Security:

For Fountain and Academy building, press 9 to begin your call

Fountain Campus Security cell:
(24 hours): 902-877-0764

Fountain Campus Security desk:
902-492-8778 and 902-494-8174

Port Campus Security desk:
902-442-4218

Port Campus Security cell:
902-478-0234

Academy Building Security:
902-456-7759

NSCAD Student Support:

Counsellors: counsellor@nscad.ca

Office of Student Experience:

902-494-8260 or ose@nscad.ca

Emergency Mental Health Contacts:

Mental Health Mobile Crisis Line:
902-429-8167 or 1-888-429-8167

Suicide Helpline: 988
Emergency: 911



Mental Health
Mobile Crisis Team
902-429-8167



Talk to a professional
counsellor by calling
1-833-292-3698