

changes

not

SEVERAL LESSER SIGNS

- **OPTION 1:** *"I have a relationship or rapport with the student."*

PREPARE:

not

CRISIS SERVICES

MOBILE CRISIS UNIT Call Hours of operation: You will speak to a registered social worker or nurse.	CHIMO HELPLINE Call Hours of operation: You will talk to someone trained in crisis intervention.
TALK SUICIDE CANADA Call Text You will talk to someone trained in suicide prevention.	CALL 911 Dr. Everett Chalmers Regional Hospital Phone: Address:

MENTAL HEALTH SERVICES

www.stu.ca/mentalhealth STU.ca/counselling	STUDENT WELLNESS 1-833-549-3281
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