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# Quick Reference Guide

## Observing the signs

### ▶ COMMON SIGNS OF STUDENT DISTRESS

**Noticeable changes in academic performance**





### **Student Mental Health and Well-Being Initiative**

We all have a role to play in support of student mental health. Always report your concerns about a student's mental health or worrisome behaviour!



### **Support is available for you as well!**

As a faculty or staff member, assisting a student in distress can have an impact on your own stress and well-being. It is important that you don't think that you need to shoulder this concern alone.

Remember to confidentially debrief with your supervisor or chair and consult as needed with the Office of Student Support.

Contact the Employee and Family Assistance Program at 1-800-663-1142 for confidential counselling and other support services. Visit their website: **[homewoodhealth.com](http://homewoodhealth.com)**

If you feel unsafe at any time...

**Call Campus Security: 250 -370-3075**