Identifying and responding to students in distress

EMERGENCY SITUATIONS

Student Wellness Services
613-533-2506
wellness.services@queensu.ca
During weekday business hours

Queen’s 24 hr Emergency Report Centre
613-533-6111
Blue lights with emergency telephones are located throughout campus

SITUATIONS REQUIRING IMMEDIATE REFERRAL/REPORTING

Direct or Indirect Reference to Wanting to Die/Suicide
Regardless of the circumstances or context, ANY reference to wanting to die/suicide should be taken seriously and a mental health professional should be contacted.

- Warnings might include:
  - Expressions of hopelessness, helplessness, or hopelessness.
  - Expressions that the world, their family and friends would be better off without them.
  - Expressions of feeling suicidal or considering death.

Student Wellness Services 613-533-2506
Queen’s 24 hr Emergency Report Centre 613-533-6111 or 911

Threats or Disruptive Behaviour
- Any type of physical violence causing bodily harm (self or other).
- Specific threats of violence or harm.

Behaviours of Concern
- Incoherent or unintelligible.
- Cannot be calmed.

Alcohol and/or Drug Abuse
- Potential drug overdose.
- Potential alcohol poisoning.

Queen’s 24 hr Emergency Report Centre at 613-533-6111 or 911

Sexual Violence
Immediate options for safety and medical attention:
- Call 911 or Queen’s 24 hr Emergency Report Centre at 613-533-6111.
- The Kingston Health Sciences Centre Sexual Assault and Domestic Violence Program for medical care, STI and pregnancy prevention, and evidence collection. Monday to Friday, 8:00am to 4:00pm only, phone 613-549-6666 ext. 4880 or go to KHSC/KGH site Emergency Department and ask for the Sexual Assault/Domestic Violence nurse. After hours call 613-548-3232, press “0” and ask for the SV/DV nurse.

Campus Information and Supports
Barb Lotan, the Queen’s University Sexual Violence Prevention and Response Coordinator (SVPRC), provides support and information about roles and responsibilities related to disclosures, policy, counselling, reporting, and accommodation options. 613-533-6330
Student Wellness Services 613-533-2506

Information about behaviours that give rise to a risk of harm to self or others may be forwarded pursuant to university response process/protocols (e.g., student at risk, threat assessment), in the interest of health and safety.

WHO TO CONTACT

Physical, Mental and Sexual Health

Student Wellness Services
Professional staff providing medical care, mental health, accessibility and health promotion services. For inquiries email: wellness.services@queensu.ca
Queensu.ca/studentwellness

Empower Me
24/7 phone service for crisis situations and scheduled sessions that allow students to connect with qualified counsellors, consultants, and life coaches for a variety of issues. Services available in multiple languages.
1-833-628-5589

Connect with a Registered Nurse
Health Connect Ontario
1-833-628-5589 available in multiple languages.

Sexual Violence Prevention and Response

Sexual Violence Prevention and Response Coordinator
Barb Lotan
8502 Mackintosh Corry Hall
Monday to Friday
613-533-6330

Sexual Assault Centre Kingston
24/7 613-544-6424
Sexual Violence Bystander Intervention Training
svbystander@queensu.ca

Academic

Accessibility Services (QAS)
Academic accommodations for students with disabilities.
qas.inka@queensu.ca
613-533-6467

Student Academic Success Services (SASS)
Professional writing and learning support for all Queen’s students.
practicum@queensu.ca
613-533-6315

Mental Health Training

Student Wellness Services
Offers workshops and training for faculty, staff and students.
queensu.ca/studentwellness

Peer Support
AMSS Peer Support Centre
peersupport@ams.queensu.ca
613-533-6000 ext. 75111

SGPS Student Advisors
adviser@sgps.ca
sgps.ca/advisors

Residence Life and Dons
reslife@queensu.ca
613-533-6790

Employee Support

LifeWorks
24/7 Employee and Family Assistance Program.
1-877-789-7572

Support Services and Community Engagement
Assistance for staff and faculty managing difficult student behaviours.
supportservices@queensu.ca

Human Rights and Equity

Harassment and Discrimination
queensu.ca/secretary/harassment-discrimination

Human Rights and Equity
queensu.ca/studentaffairs/ombuds

Other

CARE Referral Program
Connecting students with resources.
supportservices@queensu.ca
queensu.ca/careferral

Ban Righ Centre
Welcoming women of diverse backgrounds and ages, especially mature women returning to studies. Offering community, personal, practical and financial support.
613-533-2976

Campus Security
Emergency Services
24/7 Inquiries
613-533-6733

Human Rights and Equity Office
hr@queensu.ca
613-533-6886

equity@queensu.ca
613-533-2563

Four Directions Indigenous Student Centre (4D)
Academic advising, cultural counselling and support available.
support@queensu.ca
613-533-6970

International Centre (QUIC)
qui@queensu.ca
613-533-2604

Faith and Spiritual Life
faith@queensu.ca
613-533-2186

Community

Addiction and Mental Health Services – Kingston
247 Crisis 613-544-4229
Administration 613-544-1356

Good2Talk
Post-secondary student helpline:
24/7 1-866-925-5454
Crisis text line:
text GOOD2TALKON to 686868

Resolve Counselling Services
613-549-7850

Kingston Health Sciences Centre
613-548-3232 (main line)

Mental Health Helpline - Ontario
Help in 170 languages.
1-866-531-2000

Telephone Aid Line
Kingston (TALK)
Crisis 9pm – 2am
613-544-1771

Human Trafficking Hotline
1-833-900-1010
7 cups
24/7 emotional support and chat rooms.
7cups.com

University Ombudsperson
ombuds@queensu.ca
613-533-6495

For additional information about the Students in Distress website:

- A safe, inclusive, and welcoming space for students who are facing or have experienced a difficult situation.
- Provides resources, support, and information to help students navigate challenging situations.
- Supports student well-being and mental health.

If you have questions or comments about this folder, or if you need additional copies or alternative formats, please contact the Office of the Vice-Provost (Student Affairs) at 613-533-6944 or studentaffairs@queensu.ca.
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SITUATIONS REQUIRING ATTENTION

Academic and Learning Challenges
Refer a student to faculty based academic advisors for the following reported concerns:
- Serious academic concerns.
- Considering withdrawal.
- In jeopardy of failing.
- Changes in academic performance (deterioration in quality of work, frequently missed assignments and classes, excessive procrastination, avoidance of participation).
- Listlessness or falling asleep in class.

Disordered Eating
Refer a student to Student Wellness Services for the following reported behaviours:
- Excessive dieting.
- Desire to burn off food intake.
- Preoccupation with clean eating.
- Uncontrolled binge eating.
- Induced vomiting after eating.

Marked Changes in Mood, Appearance or Behaviour
Refer a student to Student Wellness Services for the following changes in regular behaviour:
- Withdrawal from social interactions or academic work.
- Notable changes in energy levels or appearance.
- Unusual behaviour (unexplained crying, laughing to self, rapid speech, disorganized thinking, suspiciousness).
- High levels of irritability.
- Changes in relationships or social behaviour (withdrawal, isolation or dependency).
- Significant weight loss or gain.
- Physical symptoms (nausea, headaches, problems with eating, excessive or disrupted sleeping).
- Changes in hygiene or dress.

Difficulty in Communicating and/or Distortions of Reality
Refer a student to Student Wellness Services for the following reported behaviours:
- Difficulty communicating (difficulty forming thoughts, completing sentences, irrational conversations).
- Distortions of reality.
- Difficulty concentrating or communicating.

Disorder and Discrimination
Refer a student to the Human Rights and Equity Office regarding concerns about harassment (persistent, unwanted behavior including sexual harassment) or discrimination. 613-533-6886
If the situation involves risk or threat of harm, call Queen's 24 hr Emergency Report Centre. 613-533-6111

WHAT TO DO AND SAY

Approach
- It is OK to ask and express concern.
- Be specific about the behaviour that worries you.
- Say what you see.

Listen
- Listen non-judgmentally, without bias, having an open world view.
- Meet in a private location, be patient and give your undivided attention.

Support
- Acknowledge their thoughts and feelings in a compassionate way.
- Offer hope and reassure them you are concerned and want to help.

Refer
- Provide student with resources.
- Offer to make the call with the student.

I’ve noticed you’ve been absent from class lately and I’m concerned about you.
What can I do to support you?
It sounds like you’re feeling out of place.
If you’d like, I can call and book the appointment for you while you are here with me.

MAKING A GOOD REFERRAL
- Point out that help is available and seeking help is a sign of strength and courage rather than weakness. Acknowledge that seeking help can be scary.
- Research resources (see the back of this folder), contact Student Wellness Services for recommendations on how to approach the situation at ext. 32506.
- If the student appears reluctant, you can help by:
  - Offering to contact the resource on their behalf while they are in your office.
  - Offering to sit with the student while they make the initial contact themselves.
  - Accompanying the student, if appropriate and you feel comfortable.
- Provide the student with take-away materials and information (contact numbers, locations, etc.).
- Offer to follow-up with the student, but don’t insist on knowing what the student has done.

IF A STUDENT SAYS “NO” TO A REFERRAL
- Respect their decision. Accepting or refusing assistance must be left up to the student, except in emergencies, when life is in danger.
- Don’t force the issue or trick them into going.
- Try and leave the door open for later reconsideration.

I respect your decision.
I hope you will keep these options in mind.
You can always come back and talk to me.