

OFF-CAMPUS SUPPORT

If you are located outside of the areas listed below, please call 250-787-6244 for assistance.

FOOD BANKS & SOUP KITCHENS

Dawson Creek
Nawican Soup Kitchen 1320 102 Ave
Mon/Wed/Fri 12-2pm 250-782-5202

St. Marks Soup Kitchen 1029 106 Ave
Tues/Thurs 12-2pm 250-782-2939

Salvation Army 1019 103 Ave
Emergency Food Bank 250-782-8669

Fort St. John
Salvation Army Soup Kitchen 9824 99 Ave
Mon-Sat 12-1pm, 5pm 250-785-0372

Tumbler Ridge
New Life Assembly Church 250-242-7404

Chetwynd
Emergency Food Program 250-788-9658

Tansi Friendship Centre 250-788-2996

Fort Nelson
Aboriginal Friendship Society 5012 49 Ave
250-774-2993

MENTAL HEALTH & ADDICTIONS

BC Mental Health Support 310-6789

Northern Health Mental Health & Addictions

Dawson Creek 250-719-6525
Fort St. John 250-263-6080
Tumbler Ridge 250-242-5505
Chetwynd 250-788-2236
Fort Nelson 250-774-8105
Dease Lake 250-771-4473
Atlin 250-651-7677

Other Free Counselling

Dawson Creek
Aboriginal Family Services 250-782-1169

Chetwynd
Tansi Friendship Centre 250-788-2996

Fort Nelson
Aboriginal Friendship Society 250-774-2993
Fort Nelson First Nation 250-774-7300

Addictions Information

Alcohol & Drug Info & Referral 1-800-663-1441
BC Problem Gambling Line 1-888-795-6111

SHELTERS & ESCAPING ABUSE

Dawson Creek
Mitzpah Transition House 250-782-9174
Shelter for women/children

Aspen Court 250-782-9886

Fort St. John
Salvation Army Centre of Hope 9824 99 Ave
No drop-ins on Sunday 250-785-0372

Meaope Transition House 250-785-5208
Shelter for women/children

Tumbler Ridge
Women's Outreach Program 250-242-2082

Chetwynd
Women's Shelter 250-788-1976

Fort Nelson
Women's Shelter 250-774-4511

Emergency Men's Shelter (19+) 4903 48 Ave
250-774-3816

HEALTH

BC Health Link 811

STI Tests, Free Condoms, Pregnancy Tests, Emergency Contraception, Birth Control

Dawson Creek Health Unit 250-719-6500
Fort St. John Health Unit 250-263-6000
Chetwynd Primary Care Clinic 250-788-7300
Fort Nelson Health Unit 250-774-7092

VICTIM SERVICES

VictimLink BC 1-800-563-0808
Dawson Creek 250-782-9174
Fort St. John 250-785-6021
Tumbler Ridge 250-242-5252
Chetwynd 250-788-9440
Fort Nelson 250-774-4511

HOMELESSNESS PREVENTION

Dawson Creek
SPCRS 250-782-9174
Native Housing Society 250-782-1451

Fort St. John
Community Bridge 250-785-6021

Tumbler Ridge
TR Cares 250-242-7444

Chetwynd
Tansi Friendship Centre 250-788-2996

STAFF & FACULTY GUIDE

Students in Distress

1

IDENTIFY

Pay attention to warning signs.
You may be the first person to notice a person in distress.

2

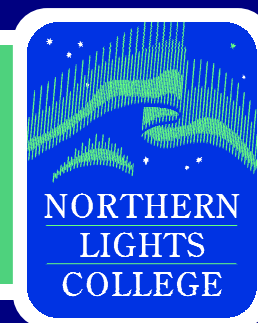
REFLECT

Determine the level of concern.

3

RESPOND

Connect the person in distress to help.
Remember that any response is better than staying silent.



B.C.'s Energy College™

You don't have to be a mental health expert to make a difference.
Everyone can play a role in ensuring student wellbeing.

1 IDENTIFY

is a student in distress?

POSSIBLE SIGNS OF DISTRESS

- Dramatic changes in academic performance
- Social withdrawal or isolation
- Notable changes in appearance or hygiene
- Moodiness and high irritability
- Unusual behavior (unexplained crying or laughter, confusion, rapid speech, paranoia)
- Frequent lateness or absenteeism
- Potential withdrawal from or failure in class/program
- Victim or perpetrator of sexual assault, harassment, bullying, abuse, stalking, discrimination
- Substance abuse
- Self-harming behaviour, such as hitting or cutting
- Low energy or falling asleep in class

APPROACH

"I've noticed that you've been falling asleep in class lately and I'm concerned about you."

LISTEN

"Is there anything I can do to help you?"

SUPPORT

"It sounds like you are feeling overwhelmed."

TIPS: Be specific about the behavior you have observed, and don't be afraid to express concern. Be a patient listener. Acknowledge how the student is feeling and let them know that you want to help.

2 REFLECT

what is the level of concern?

TRUST YOUR INSTINCTS AND REASSESS IF THE SITUATION CHANGES

EMERGENCY: IMMEDIATE RISK OF HARM TO SELF OR OTHERS
Behaviour that is violent, destructive, harmful, aggressive or threatening to self or others (i.e. immediate risk of suicide)

URGENT: RISK OF HARM IS PRESENT BUT NOT IMMEDIATE
Hopelessness, experiences of violence or abuse, thoughts of suicide, or other urgent mental health issues

CONCERNING: DISTRESSED BUT RISK OF HARM IS LOW
Homesickness, loneliness, depression, anxiety, grief, anger, relationship problems, academic concerns, substance use

3 RESPOND

connect to appropriate resources

CALL 911 FIRST, THEN CALL THE DUTY MANAGER

Duty Manager
(24hrs)
250-784-7610
If no answer, leave a message

Campus Security
(4:00pm - 3:00am)

Dawson Creek	Fort St. John
1-866-463-6652 ext. 1299	250-787-6237
Cell 250-784-8202	Cell 250-261-4119

If you feel threatened or at risk, get somewhere safe. If the student is not a threat to others, stay until help arrives.

CALL THE LEARNING SUPPORT SPECIALIST

Learning Support Specialist
(8:30am - 4:30pm)

Dawson Creek
Chetwynd, Fort Nelson
Tumbler Ridge
250-784-7552

Fort St. John & online students
250-787-6244
Cell **250-219-4839**

AFTER HOURS

Offer to stay while they make the call, or offer to make the call for them if they are reluctant.

Northern BC Crisis Line
1-888-562-1214
BC Suicide Line
1-800-SUICIDE

BC First Nation Crisis Line
1-800-588-8717
Online Crisis Chat
crisiscentrechat.ca

CONNECT TO SUPPORTS

Do not trick or force a student into connecting to supports. If they refuse help, respect their choice and remind them that your door is always open.

ON-CAMPUS SUPPORT

Access Services 250-784-7502
Cell 250-784-5450

Learning Support
See contact info above.

Aboriginal Student Advisors

Dawson Creek	250-784-7544	Chetwynd	1-866-463-6652 ext. 4313
Fort St. John	1-866-463-6652 ext. 2003	Fort Nelson	1-866-463-6652 ext. 4627

International Student Advisors

Dawson Creek	1-866-463-6652 ext. 1015	Fort St. John	1-866-463-6652 ext. 6212/6217
Cell	250-219-4536		

Financial Aid

Dawson Creek	250-784-7604	Chetwynd/TR	1-866-463-6652 ext. 2248
Fort St. John	1-866-463-6652 ext. 6238	Fort Nelson	1-866-463-6652 ext. 4640

Don't forget to take care of yourself!
Homewood Health
1-800-663-1142
homeweb.ca