

Students in Distress Support Guide – Northern Lights College

EMERGENCY? IMMEDIATE RISK OF HARM TO SELF OR OTHERS

Behaviour that is violent, destructive, harmful, aggressive, or threatening to self or others (ie. immediate risk of suicide)

EMERGENCY: CALL 911 FIRST, THEN CALL SECURITY

Campus Security (8:00am – 3:00am) (if no answer call Duty Manager)

Dawson Creek: 250-784-8202

Fort St. John: 250-261-4119

Duty Manager (24hrs) (if no answer, leave a message)

250-784-7610

(DM to determine if LSS should be called in – LSS to do the EARS report)

URGENT: RISK OF HARM IS PRESENT BUT NOT IMMEDIATE

Hopelessness, experiences of violence or abuse, thoughts of suicide, or other urgent mental health issues.

URGENT: CALL THE LEARNING SUPPORT SPECIALIST

Dawson Creek, Chetwynd, Tumbler Ridge

Cell: 250-219-4839 (if no answer, leave a message)

Fort St. John, Fort Nelson and Online students

Cell: 250-261-4930 (if no answer, leave a message)

(Employee who makes the call to follow up with a EARS report.)

CONCERNING: DISTRESSED BUT RISK OF HARM IS LOW

Homesickness, loneliness, depression, anxiety, grief, anger, relationship problems, academic concerns, substance use, etc.

CONCERNING: SUBMIT AN EARS ALERT

Log on to MyApps, chose the EARS Widget and enter the alert. This will alert a Learning Support Specialist.

Always leave the person with a crisis line to call should their situation change after you are finished speaking with them.

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
[CrisisCentreachat](#)