

STUDENT GUIDE

Helping Someone in Distress

Disclaimer: It is your choice to help someone and you have no legal obligation to do so.

1 IDENTIFY

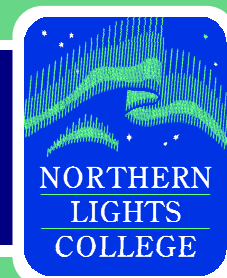
Pay attention to warning signs.
You may be the first person to notice a person in distress.

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.



IDENTIFY is someone in distress?

POSSIBLE SIGNS OF DISTRESS:

- Notable changes in behaviour
- Withdrawn or isolated from friends, family
- Seems to rely on drugs or alcohol
- Doesn't take care of themselves anymore
- Doesn't seem to enjoy activities they used to enjoy
- Reckless behaviour
- Unusual behaviour (unexplained crying or laughter, confusion, seems paranoid)
- Takes out frustrations on others (bullying, harassment, outbursts, sexual assault, etc.)
- Has been a victim of bullying, abuse, sexual assault, harassment, or discrimination
- Self-harming, such as hitting or cutting
- Low energy or falling asleep at inappropriate times
- Struggles with sleeping
- Drastic changes in eating habits
- Has mentioned feeling 'hopeless' or considering suicide

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

ON-CAMPUS SUPPORT

LEARNING SUPPORT

Dawson Creek	250-784-7552
Fort St John	250-787-6244
Fort St John Cell	250-219-4839

ACCESS SERVICES

All Campuses	250-784-7502
Cell	250-784-5450

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

FINANCIAL AID

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

APPROACH

"I've noticed that you don't seem to talk to anyone when we go out anymore."

LISTEN

"Is everything alright? Is there anything I can help you with?"

SUPPORT

"It sounds like you are feeling overwhelmed."

APPROACH

Be specific about the behavior you have observed, and don't be afraid to express concern.

LISTEN

Ask if there is anything you can do to help. Be a patient listener.

SUPPORT

Don't say "You'll get over it" or "Everything will be okay" but instead acknowledge the other person's feelings and let them know that you want to help.

2

REFLECT

what is the level of concern?

TRUST YOUR INSTINCTS AND REASSESS IF THINGS CHANGE

EMERGENCY: IMMEDIATE RISK OF HARM

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

Still not sure what to do?

When in doubt, call the Learning Support Specialist!

DC: 250-784-7552 FSJ: 250-787-6244 (c. 250-219-4839)

RESPOND

connect to appropriate resources

3

CALL 911 FIRST, THEN THE DUTY MANAGER

Duty Manager
(24hrs)
250-784-7610

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.

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 First Nation Crisis Line
1-800-588-8717

BC Suicide Line
1-800-SUICIDE

Online Crisis Chat
crisiscentrechat.ca

CONNECT TO SUPPORT

Do not trick or force someone into connecting to support. If they refuse help, respect their choice and remind them that you are always willing to talk.

View supports on the next page