

# Responding to Students in Distress: Peterborough Campus

## Mental Health Emergency

## Urgent Concern

## Mental Health Challenge

A serious situation resulting in actual or potential harm **warrants immediate action to keep oneself or others safe.**

Warrants prompt attention but does not involve an immediate safety threat to oneself or others.

Warrants attention and can be resolved with a standard referral for mental health support.

- Suicide attempt
- Threats of violence
- Serious injury
- Substance overdose
- Acute psychosis, mania, paranoia, delirium or confusion
- Seizure

- Thoughts of suicide
- Disclosure of sexual violence
- **OR** you feel concerned but are unsure whether immediate support is required, please call to consult with:

- Stress impacting wellbeing
- Tearfulness
- Trouble managing symptoms of mental illness
- Interpersonal challenges

## Call 911

**Campus Security**  
**705-748-1333**

**Trent University  
Emergency First  
Response Team  
(TUEFRT):**  
**705-748-1333**

**Monday - Friday:**  
**9 AM - 4 PM**

Counselling Services:  
705-748-1386

Campus Security:  
705-748-1333

Sexual Violence Prevention  
and Response Manager:  
705-748-1011 x 7792

**After 4 PM or Weekends:**

Campus Security:  
705-748-1333

Kawartha Sexual Assault  
Centre (KSAC):  
705-741-0260

National Suicide Crisis  
Helpline: **988**

Counselling Services:  
705-748-1386

Indigenous Student Therapist:  
fphlcounsellor@trentu.ca  
Room: ENW 330

Student Health Services:  
705-748-1481

International Student  
Wellness Assistant  
705-748-1011 ext. 1696  
internationalwellness@trentu.ca

Good2Talk Post-Secondary  
Student Helpline:  
Call: 1-866-925-5454  
Text: GOOD2TALKON to  
686868

