HELPING SKILLS & SUICIDE INTERVENTION TRAINING

UCalgary offers a number of free, evidence based suicide intervention training programs open to all UCalgary students, faculty, and staff.

We encourage all campus members to receive training to learn life-saving skills and contribute to a caring, supportive campus community.

Applied Suicide Intervention Skills Training
Learn to recognize and review risk of suicide, and how to intervene. ucalgary.ca/wellness-services/staying-healthy/learning/workshops-training/asist

Question, Persuade, Refer
Learn to recognize and support someone who may have thoughts of suicide. ucalgary.ca/wellness-services/staying-healthy/learning/workshops-training/question-persuade-refer

Community Helpers
Learn the skills needed to help others experiencing a problem or in distress. ucalgary.ca/wellness-services/staying-healthy/learning/workshops-training/community-helpers

Safer Substance Use: Harm Reduction
Learn about the harm reduction approach to substance use. ucalgary.ca/wellness-services/staying-healthy/learning/workshops-training/harm-reduction-101

The Inquiring Mind (students only)
Learn about mental health, stigma reduction and resilience. ucalgary.ca/wellness-services/staying-healthy/learning/workshops-training/inquiring-mind

LivingWorks Start
LivingWorks Start is a powerful online training program that teaches life-saving skills to recognize and prevent suicide. ucalgary.ca/wellness-services/staying-healthy/learning/workshops-training/livingworks

The Working Mind (staff and faculty)
Staff and faculty can learn about mental health, stigma reduction and resilience. ucalgary.ca/hr/wellness/wellbeing-worklife/workshops-programs/working-mind

STAFF WELLNESS

UCalgary WellBeing & WorkLife
ucalgary.ca/hr/wellness/wellbeing-worklife

UCalgary Mental Health Consultant
ucalgary.ca/risk/staff-wellness/wellbeing-worklife/mental-health/mental-health-consultant

LifeWorks Employee & Family Assistance Program
ucalgary.ca/hr/wellness/wellbeing-worklife/employee-and-family-assistance-plan
1-866-424-0699

Staff and faculty groups can also request sessions for training programs by emailing communityhub@ucalgary.ca.

Learn more:
ucalgary.ca/wellness-services/staying-healthy/training

ADDITIONAL RESOURCES

CANADIAN MENTAL HEALTH ASSOCIATION
cmha.ca/documents/preventing-suicide

CENTRE FOR SUICIDE PREVENTION POST-SECONDARY RESOURCES
suicideinfo.ca/post-secondary

MENTAL HEALTH COMMISSION OF CANADA
mentalhealthcommission.ca/English/what-we-do/suicide-prevention

STUDENT WELLNESS SERVICES

Supporting Students in Distress

QUICK REFERENCE GUIDE

The following guide can be used to help you recognize a student in distress. Responding with care and concern is a critical factor in supporting a healthy campus community.

Staff Wellness Services
POSSIBLE INDICATORS OF DISTRESS

- Significant changes in mood, behavior, or appearance
- Appears agitated, sad, worried, or anxious
- Expresses hopelessness or references suicide or self-harm
- Mental health appears to be significantly deteriorating
- Current or past experience of violence or trauma

For more information, visit: ucalgary.ca/wellness-services/helping-others

SAFETY

- Violent or threatening behavior
- Risk of harm to self or others

CAMPUS SECURITY

403.220.5333
403.220.4923
ucalgary.ca/security
Campus Security for 24/7 support and immediate response.

STUDENT AT RISK

(SAR) TEAM
SAR@ucalgary.ca
403.220.4923
ucalgary.ca/wellness-services/student-risk-team
Submit a concern to the SAR team. The team is available to consult, outreach and respond to non-urgent concerns.

IMMEDIATELY REPORT THE FOLLOWING SITUATIONS

- Violent or destructive behavior
- Concern for safety related to suicidal thoughts or behaviors
- Concerning drug or alcohol poisoning
- Aggressive or threatening behavior with high risk of harm

CAMPUS SECURITY

403-220-5333
403-220-4923
ucalgary.ca/security
Campus Security for 24/7 support and immediate response.

STUDENT AT RISK

(SAR) TEAM
SAR@ucalgary.ca
403-220-4923
ucalgary.ca/wellness-services/student-risk-team
Submit a concern to the SAR team. The team is available to consult, outreach and respond to non-urgent concerns.

STUDENT WELLNESS SERVICES

403.210.9355
ucalgary.ca/wellness-services
Refer students for support with mental or physical health concerns, or contact to request supportive outreach to student.

AFTER HOURS MENTAL HEALTH SUPPORT

403.210.9355
ucalgary.ca/wellness-services
Call to access after-hours phone support, available 24/7.

AFTER HOURS PHYSICAL HEALTH SUPPORT

811
Call to access Alberta Health Services 24/7 health advice.

If you become concerned that a student may be at risk of suicide, please refer to the Suicide Intervention Guide.

"If emergency response is required, call 911 and then Campus Security.

WEB RESOURCES

- LifeWorks: A 24/7 health advice. Call to access Alberta Health Services 811
- 811: Call to access Alberta Health Services 24/7 health advice.
- 403-220-4923: Campus Security
- 403-220-5333: Campus Security
- 403-220-4923: SAR Team
- 911: CALGARY EMERGENCY SERVICES

HOW TO MAKE A GOOD REFERRAL

- Point out that help is available and seeking help is a sign of strength
- Consult when needed. The team at Student Wellness Services provide confidential supports and can help connect students with the most appropriate resources
- Provide information about 24 hour support options

For more information, visit: ucalgary.ca/wellness-services/helping-others

STUDENT SUCCESS CENTRE

403.220.5881
ucalgary.ca/ssc
Encourage students to visit the website or the centre for general advising, learning, writing support and online resources for students.

FACULTY ADVISING

ucalgary.ca/registrar/registration/advising
Students can access faculty-specific advising from their faculty’s program advisors.

STUDENT WELLNESS SERVICES

403-210-9355
ucalgary.ca/wellness-services
Refer students for support with mental or physical health concerns, or contact to request supportive outreach to student.

AFTER HOURS MENTAL HEALTH SUPPORT

403-210-9355
ucalgary.ca/wellness-services
Call to access after-hours phone support, available 24/7.

AFTER HOURS PHYSICAL HEALTH SUPPORT

811
Call to access Alberta Health Services 24/7 health advice.

If you become concerned that a student may be at risk of suicide, please refer to the Suicide Intervention Guide.

"If emergency response is required, call 911 and then Campus Security.

WEB RESOURCES

- LifeWorks: A 24/7 health advice. Call to access Alberta Health Services 811
- 811: Call to access Alberta Health Services 24/7 health advice.
- 403-220-4923: Campus Security
- 403-220-5333: Campus Security
- 403-220-4923: SAR Team
- 911: CALGARY EMERGENCY SERVICES

HOW TO MAKE A GOOD REFERRAL

- Point out that help is available and seeking help is a sign of strength
- Consult when needed. The team at Student Wellness Services provide confidential supports and can help connect students with the most appropriate resources
- Provide information about 24 hour support options

For more information, visit: ucalgary.ca/wellness-services/helping-others

STUDENT SUCCESS CENTRE

403.220.5881
ucalgary.ca/ssc
Encourage students to visit the website or the centre for general advising, learning, writing support and online resources for students.

FACULTY ADVISING

ucalgary.ca/registrar/registration/advising
Students can access faculty-specific advising from their faculty’s program advisors.