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-ref

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)
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/hr/wellness/wellbeing-worklife/mental-health/mental-health-consultant

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

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.
POSSIBLE INDICATORS OF DISTRESS

- Significant changes in mood, behaviour, 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

IMMEDIATELY REPORT THE FOLLOWING SITUATIONS

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

CAMPUS SECURITY
403-220-5333
ucalgary.ca/security

STUDENT WELLNESS SERVICES
403.210.9355
ucalgary.ca/wellness-services

STUDENT AT RISK TEAM
403.220.4923
ucalgary.ca/wellness-services/student-risk-team

CALGARY EMERGENCY SERVICES
911

STUDENT EMERGENCY SERVICES
403.210.9355

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

WELLNESS
- Mental or physical health concerns
- Emotional distress

ACADEMIC
- Drop in GPA or performance
- Difficulty managing academic tasks

THRIVE PRIORITY SUPPORT NETWORK
403.210.7471
ucalgary.ca/ssc/faculty/thrive

Complete a concern form for students to receive specialized outreach from an academic support specialist.

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.

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

STUDENT WELLNESS SERVICES
403.210.9355
ucalgary.ca/wellness-services

Call Campus Security for 24/7 support and immediate response.

STUDENT AT RISK TEAM
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.

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
911

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.