

A Student Needs You!



Know what to watch for

- Changes in behaviours, friends, or normal activities
- Changes in physical health and/or hygiene
- Low energy, poor concentration
- Declining school performance
- Increased absenteeism
- Marked personality change
- Increased risky behaviour
- Prolonged negative mood or attitude
- Preoccupation with appearance and/or body image
- Comments about feeling worthless, helpless, or hopeless
- Comments about suicide and/or dying

Know what to say

- Say something! Don't be afraid of sounding clumsy!
- Be patient, compassionate and non-judgmental
- Ask them how they are feeling and if they are thinking of suicide
- Really listen. Give 100% of your attention
- Be sensitive, but direct
- Let them know you are concerned, and give examples of why
- Never swear secrecy

Know what to do

- If there is an emergency, call 911 or go to the hospital
- Call your local crisis line
- Stay calm and listen
- If you have noticed warning signs, talk with the student about what you have observed
- Be sensitive to how the student is feeling
- Educate yourself on local help resources/services
- Connect the student with principal/school social worker
- Involve/engage parents in the process, where appropriate
- Give the student a Help Numbers card
- Don't forget to take care of yourself
 - it's especially important when supporting others!

Get help here.

EMERGENCY HELP NUMBERS

If you, or someone you know is feeling suicidal, get help Call 911
Crisis Response 346-8282
Kids Help Phone 1-800-668-6868
Get to the hospital or have someone you trust get you there.

COMMUNITY SUPPORT NUMBERS

Alpha Court Mental Health
& Addictions Services 683-8200
Beendigen Women's Crisis Line 346-4357
Catholic Family Development Centre 345-7323
Centre des Femmes Francophones
du Nord-Ouest de l'Ontario 684-1955
Children's Aid Society 343-6100
Children's Centre Thunder Bay 343-5000
Dilico Anishinabek
Family Care 623-8511 or 1-800-465-3985
Matawa Crisis Response 628-3880
Ontario Native Women's Association 623 3442
Sister Margaret Smith Centre 684-5100
Thunder Bay Counselling Centre 684-1880
Thunder Bay Indian Friendship Centre 345-5840
Thunder Bay Sexual Assault/Sexual Abuse
Counselling & Crisis Centre 344-4502
Thunder Bay and Area Victim Services 684-1051
Walk-In Counselling Clinic 684-1880 or 343-5000
24 hour live referral information Call 211

www.HeresTheDeal.ca

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