Your Safety and Well-being

# When you need support, who can you reach out to?

* Student Case Manager
* Campus Counselor
* Community Counselor
* Private Therapist
* Hospital
* HR representative
* Friend
* Family member
* BC Crisis Line: 1-800-784-2433
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Confidentiality:** Please know that professional support services may be required to mobilize emergency responses like police, ambulance, or mental health services if they are concerned about someone being harmed (including yourself). |

# Additional Resources (suggestions to explore and consider)

* Health Authority Mental Health and Substance Use Unit
* Community-based crisis line
* Community-based free counseling
* Employee benefits programs
* Local drug and alcohol programming
* Community-based LGBTQ2IA+ supports
* First Nations Health Authority
* Community-based Indigenous support services
* MOSAIC and/or community-based immigrant services

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