

# Garnet Guide

Identifying and Responding to Students in Distress



# Recognize

.....Signs that a student may be in distress

Reminder: This is not a checklist nor a diagnostic tool. Presenting some of the symptoms below does not mean someone has a mental health disorder.

Significant changes in mood  
Difficulties controlling emotions  
Other students expressing concerns  
Withdrawal from social interactions  
Difficulties concentrating or communicating

Self-Harm (e.g. cutting)  
High levels of irritability  
Unusual behaviour (unexplained crying, rapid speech, disordered thinking etc.)

Complains of nausea, headaches, disrupted sleep  
Significant weight loss or gain  
Falling asleep in class  
Changes in hygiene or dress

# Respond

## #1 -Approach

"I read your email and it made me worry about you. Would you like to come to my office to talk about it?"

"It sounds like you're really struggling, Would you like to talk about it?"

"I've noticed you've been absent from class lately, and I'm concerned about you"

## #2 Listen

"I am here to listen if you would like to talk"

"It sounds like you are going through a hard time, and you need some support. Would you like to talk to a counsellor about this?"

## #3 Support

"Have you heard about walk-in counselling? You don't need to make an appointment. There is even an evening walk-in time each week. Would you be willing to go?"

# Refer

See list of resources

### If the student appears reluctant, you can help by:

Offering to call to see when the next available appointment time may be.

Offering to walk the student to the referral.

"I respect your decision. Here is the contact information in case you change your mind. My door is always open"

"Would you like me to walk with you to the Wellness Centre?"

If the student says "NO" to the referral:

**Respect their decision.**

In emergencies where life is in danger, Call 911

# Resources

## Mental Health/ Addiction Counselling

### On Campus

Wellness Centre

#### Counselling Services

506-364-2163

[counsellor@mta.ca](mailto:counsellor@mta.ca)

[www.mta.ca/wellness](http://www.mta.ca/wellness)

[facebook.com/  
mtawellnesscentre](https://facebook.com/mtawellnesscentre)

### Community

CHIMO Helpline 24/7  
1-800-667-5005

Crisis Text  
Line-741741

Enter "start" to begin  
3:00PM-3:30PM  
7 days/week

Mobile Mental Health  
Crisis Team  
(12pm-10pm)  
1-866-771-7760

Addiction Services  
24/7 1-800-461-1234  
506-856-2333

Mental Health  
Wellness for  
Indigenous peoples  
24/7 1-855-242-3310

Trans Life Line  
877-330-6366

Touchstone  
Counselling  
506-857-3007

Atlantic Wellness  
Community Centre  
(12-21yrs )  
506-382-0298

## General Health

### On Campus

Wellness Centre

**Nurse**

**Physician**

**Massage**

**Acupuncturist**

506-364-2163

[wellness@  
mta.ca](mailto:wellness@mta.ca)  
[www.mta.ca/  
healthservices](http://www.mta.ca/<br/>healthservices)

[facebook.com/  
mtawellness](https://facebook.com/mtawellness)

### Community

Sackville Memorial  
Hospital  
506-364-4100

Cumberland  
Regional Health  
Care Centre  
(Amherst Hospital)  
902-667-3361

Moncton Hospital  
506-857-5111

Dr. George  
L.Dumont University  
Hospital  
506-862-4000

Tele-Care (24/7)  
-811  
Emergency-911

## Peer Support

### On Campus

**Academic  
Mentors &  
Residential  
Assistants** (in  
residences)

**Mount Allison  
Student Union  
(MASU)**  
[masu@mta.ca](mailto:masu@mta.ca)

**Clubs &  
Societies**  
[mta.ca/clubs](http://mta.ca/clubs)

**Wellness  
Centre Peer  
Supporters**  
[wellness@  
mta.ca](mailto:wellness@<br/>mta.ca)

Community  
DayBreak-  
Activity Centre  
(over19yrs)  
506-536-7475  
daybreak  
sackville  
@gmail.com

UBU- Trans  
support & Action  
Group  
[ubuatlantic.  
com](http://ubuatlantic.com)

## Academic Support

### On Campus

**Academic  
Support /Writing  
Centre**  
[academicsupport  
@mta.ca](mailto:academicsupport<br/>@mta.ca)  
[wrc@mta.ca](mailto:wrc@mta.ca)

**Math Help Centre**  
[rsorba@mta.ca](mailto:rsorba@mta.ca)

**Academic  
Advising**  
[advisor@mta](mailto:advisor@mta)

**Academic  
Deans**  
[deans@mta.ca](mailto:deans@mta.ca)

**Meighen Centre**  
[acomfort@mta.ca](mailto:acomfort@mta.ca)  
506-364-2527

## Other

### On Campus

**Accessibility  
Services**  
506-364-2527  
[acomfort@mta.ca](mailto:acomfort@mta.ca)

**Career Services**  
[career@mta.ca](mailto:career@mta.ca)

**Chaplain's Office**  
[chapel@mta.ca](mailto:chapel@mta.ca)

**Financial Aid**  
[financialaid@mta.ca](mailto:financialaid@mta.ca)

**International  
Centre**  
506-364-2124

[Internationalcentre  
@mta.ca](mailto:Internationalcentre<br/>@mta.ca)

**Sexual Assault  
Response and  
Education (SHARE)**  
506-540-7427  
[share@mta.ca](mailto:share@mta.ca)

**Student Life**

**Office**  
506-364-2255  
[studentlife@mta.ca](mailto:studentlife@mta.ca)

**Indigenous Affairs**  
506-364-2127  
[indigenous  
@mta.ca](mailto:indigenous<br/>@mta.ca)

**Mental Health First  
Aid Training**  
Matt Kalichuk  
[mkalichuk@mta.ca](mailto:mkalichuk@mta.ca)  
506-364-2604

## Psychologists/ Psychiatrist

visit campus often.

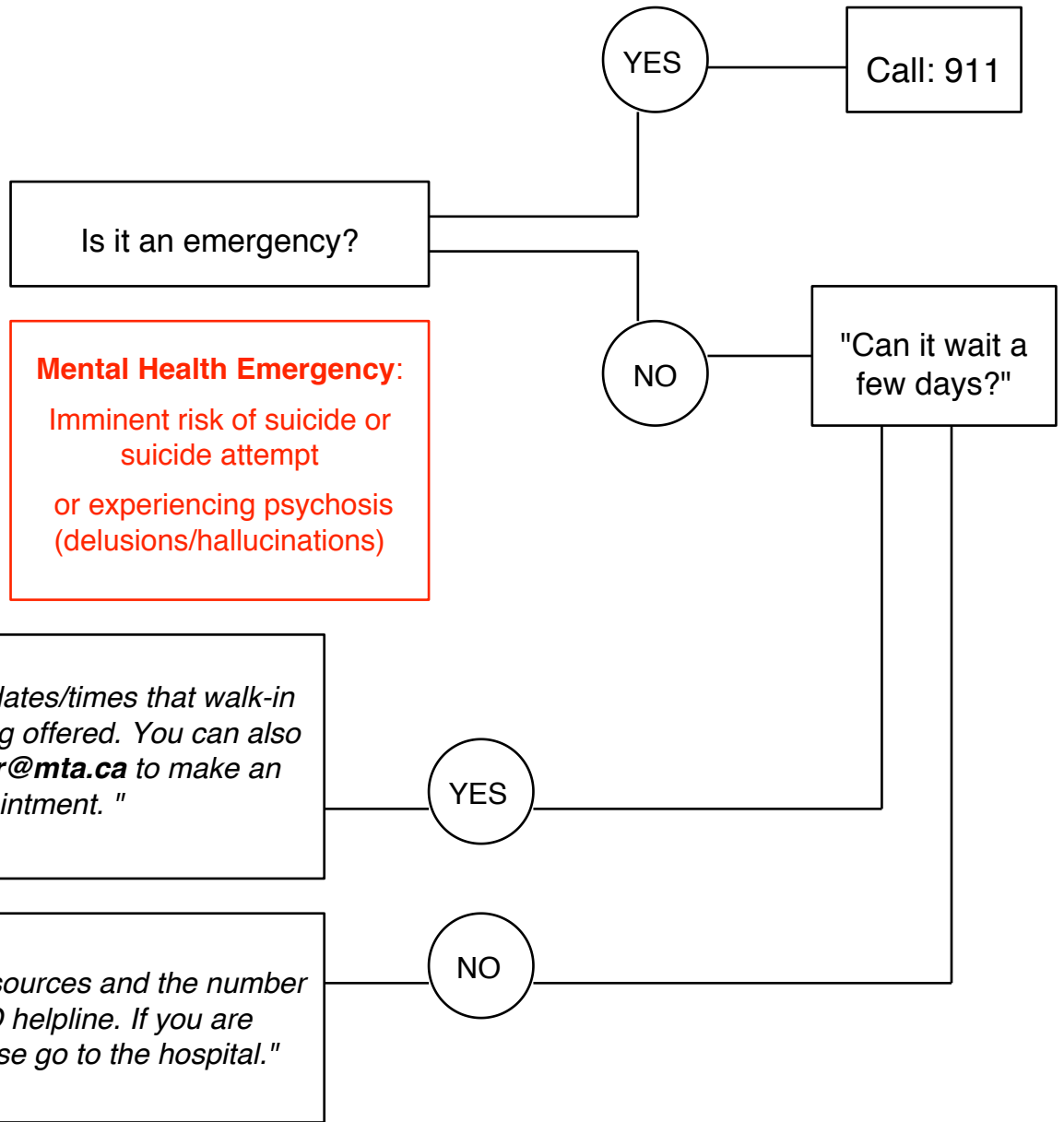
Email [wellness@mta.ca](mailto:wellness@mta.ca) for  
more info.

## Student of Concern Case Team ( SOCCT):

[studentofconcern@mta](mailto:studentofconcern@mta)

The SOCCT's role is to institute and provide a supportive, collaborative campus-wide approach for responding to students of concern by working closely with academic, administrative and support units, students groups and other key stakeholders. The SOCCT team strives to prevent students from harming themselves, and to support and assist students in need.

# Mental Health Flow Chart



**Wellness Centre**

62 York Street, Sackville NB

Tel: 506-364-2163 Fax: 506-364-2172

Email: [wellness@mta.ca](mailto:wellness@mta.ca)

If you have any questions or comments about this folder, or would like additional copies please contact the Wellness Centre- [wellness@mta.ca](mailto:wellness@mta.ca)

Based on a concept from Queen's University and Dalhousie University with thanks.

