



*changes*

*not*

## SEVERAL LESSER SIGNS

- **OPTION 1:** *"I have a relationship or rapport with the student."*

PREPARE:

I am the best person for the job. I have the skills, the experience, and the ability to do it. I need your support and encouragement. I am the best person for the job. I have the skills, the experience, and the ability to do it. I need your support and encouragement.

We are used to accepting the same old, same old. It's time to make a change. The same old, same old. It's time to make a change.

I am the best person for the job. I have the skills, the experience, and the ability to do it. I need your support and encouragement.

I am the best person for the job. I have the skills, the experience, and the ability to do it. I need your support and encouragement.

Before you go, please take a moment to say thank you to the people who have helped you. Please say thank you to the people who have helped you.

not I have the skills, the experience, and the ability to do it. I need your support and encouragement.

## CRISIS SERVICES

<p><b>MOBILE CRISIS UNIT</b></p> <p>Call Hours of operation:</p> <p>You will speak to a registered social worker or nurse.</p>	<p><b>CHIMO HELPLINE</b></p> <p>Call</p> <p>Hours of operation: You will talk to someone trained in crisis intervention.</p>
<p><b>TALK SUICIDE CANADA</b></p> <p>Call</p> <p>Text You will talk to someone trained in suicide prevention.</p>	<p><b>CALL 911</b></p> <p>Dr. Everett Chalmers Regional Hospital Phone: Address:</p>

## MENTAL HEALTH SERVICES

<p><a href="http://www.stu.ca/mentalhealth">www.stu.ca/mentalhealth</a></p> <p><a href="http://STU.ca/counselling">STU.ca/counselling</a></p>	<p><b>STUDENT WELLNESS</b></p> <p>1-833-549-3281</p>
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