

Mental Health Crisis Support & Services

Mental Health Emergency on Campus

If you or another student is faced with an emergency mental health crisis:

- Contact the Alexander College Health & Wellness Counsellor. You can contact them by phone at **604-558-6149** or by email (healthandwellness@alexandercollege.ca). You may also walk over to The Health & Wellness Office, located in room ACB 230.
- If the counsellor is not available, please reach out to the campus security and the front desk.

Sexual Assault

- If you or someone you know has been sexually assaulted, the steps you should take include ensuring the survivor's safety, getting the survivor to a safe place, and seeking medical attention.
- If you are feeling threatened or unsafe, inform the campus security at the front of the campus. You may also call the campus front desk line **(604)-435-5815 ext. "0"**
- WAVAW Rape Crisis Center:
 - 24- Hour Crisis and Information Line: **604-255-6344**

Drug & Alcohol Overdose

- If you think you may be having an overdose or are witnessing an overdose, call 9-1-1 immediately.
- Alexander College's address is 4805 Kingsway.
- Arrange for someone to meet the first responders outside the building and escort them to the scene.
- Alert Front Desk and Security.

Suicide/Crisis Services

If you or someone you know is considering suicide and at risk of harm:

- Call 9-1-1 or visit your nearest emergency department at the hospital.
- Reach out to the following free 24-hour Crisis Services:
 - Vancouver Crisis Line: **604-872-3311**
 - Suicide Hotline: **1-800-SUICIDE (1-800-784-2433)**
 - Fraser Health Crisis Line: **604-951-8855** (Serves Burnaby & Surrey)
 - Kuu-Us Crisis Response Services: **1-800-588-8717** (Serves Indigenous Community Members)
 - Teletypewriter (TTY): **1-866-872-0113**
- Here2talk
 - Free 24-hour service that allows you to immediately connect with a counsellor through chat or on the phone. You can request counselling services in multiple languages, including French, Mandarin, Cantonese, Punjabi, Spanish, Arabic and more!
 - All you have to do is download the Here2talk app on the Play Store / Apple Store or you can call the following number: **604-642-5212**.

More Information

- For more free mental health resources and to learn how to access free & confidential counselling services at Alexander College, please scan the QR Code.

