This tool is meant to help you determine whether or not a student is in distress and suggests next steps to follow for emergency, crisis and non-crisis situations.

**Is the student in distress?**
- Has the student reported significant problems to you or are they seeking advice?
- Have you noticed signs of distress (e.g. increased anxiety, irritability or sadness; deterioration in quality of classroom attendance, participation or academic work; troubling changes in personal hygiene and appearance) or significant changes in behaviour or mood?
- Have other students, staff or faculty expressed significant concern to you about this student?

**AFTER HOURS**
Students requiring assistance after hours should be referred to Good2Talk, the 24/7 Post-Secondary Student Helpline, at 1-866-925-5454.