

Steps to take when **Concerned** for a Student

Step 1: Connect with the Student

Determine if there is an imminent safety risk to self and/or community. If 'yes', contact UNBC Security (250-960-7058) or 911.

If not imminent and you have a concern for a student in distress;

- If comfortable, connect with the student by email, in person, etc.
- Let the person know you have a concern by describing what you have OBSERVED and explain your CONCERN. Give them SPACE to share their situation.

E.g., Brad, I have noticed that you have missed both of your midterms (OBSERVATION). I am worried about you missing these two midterms (CONCERN), and I wonder what has been happening for you.

- Move to step 2.

Unsure how to proceed or connect with the student? Reach out to the Restorative Relations & Student Supports Coordinator to discuss possible next steps.

Tel: 250-960-6435 | Email: ConnectU@unbc.ca

Step 3: Follow-up

Following up after connecting and offering resources can help maintain a relationship and “open door”.

Follow-up can look like:

- A casual “Hi, how are you doing” in passing.
- Checking in with the individual.
- Asking if the individual has any additional needs/questions.
- Seeing a soft hand-off through to a resource (in-person, email, phone, etc.).

Step 2: Provide Resources

These services are not mandated nor all-encompassing; the onus is on the individual to access them if they choose. It is ok to encourage students to seek support and assist them in reaching out.

Restorative Relations & Student Supports Coordinator

Tel: 250-960-6435 | Email: ConnectU@unbc.ca

UNBC Counselling Centre

Web: <https://www.unbc.ca/wellness-centre/counselling-services>;

Tel: 250-960-6369 | Email: Wellness@unbc.ca

UNBC Medical Clinic

Web: <https://www.unbc.ca/wellness-centre/health-services-medical-clinic>;

Tel: 250-960-6370 | Email: Clinic@unbc.ca

Safety and Security

Tel: 250-960-7058 | Email: Security@unbc.ca

Non-Academic Misconduct; Bullying/Harassment; Sexual Violence & Misconduct:

If you believe that a student is experiencing any of the above, you can refer them to the Restorative Relations & Student Supports Coordinator:

Tel: 250-960-6435 | Email: ConnectU@unbc.ca

24 Hours Crisis Line

24-hour helpline available for people to get support when needed
Tel: (250) 563-1214 (Prince George local) or 1-888-562-1214 (toll-free)

Here2Talk

24/7 Single Session Counselling for BC Post Secondary Students.

Web: <https://here2talk.ca>; Tel: 1-877-857-3397; Online:

www.here2talk.ca or the app

If a student is willing to **engage**, you are already building **trust**. That is a great thing!

Know the Law

If you have an indication that a student is unsafe or are concerned for the safety of others, report the situation to the appropriate authorities.

- Harm to self – 911
- Harm to others (concerns for public safety) – RCMP/911
- Concerns for minors (anyone under the age of 19) – Ministry of Child and Family Services 250-645-4105

After contacting emergency services, inform UNBC Security so they can keep a record of the incident.



250-960-6435



ConnectU@unbc.ca