

Crisis @ JAC (8:00 am – 4:00pm)

Imminent Risk to self or others (<24 hours)

If student's location/cell # are known:

Call 911

THEN call

JAC Security

514-457-6911 (24/7)

If student's location/cell # are unknown:

Call **JAC Security**

514-457-6911 (24/7)

Non-Imminent risk to self or others (>24 hours)

Psychological and Career Counselling

H-138

MIO: Counselling

T: #5292

Email: counselling@johnabbott.qc.ca

Meet with Counselling Team for triage

Referral to:

Internal (eg. Counselling) or external resources (eg. *GuardMe SSP, CLSC*)

For **Sexual Violence** and **Harassment** support:
SART: #5555 or 1-888-933-9007 (24/7)
Harassment: #5577

For all **non-immiment risk consultations** and **post-emergency debriefing**, contact Psychological and Career Counselling during office hours.

Crisis – Evenings (4:00pm – 8:00am) & Weekends

Imminent Risk to self or others (<24 hours)

Call 911

THEN call

JAC Security

514-457-6911 (24/7)

*Note that Security may assist in locating a student **ON** campus (e.g. Residence) and can mobilize support resources once regular hours resume.*

Non-Imminent risk to self or others (>24 hours)

Direct student to following options:

***GuardMe Student Support Program**

1-844-451-9700 OR download

“Telus Health Student Support” app
(24/7)

OR

***Suicide Prevention Center of Montreal (SPCM)**

1-866-277-3553 (APPELLE)

(24/7)

OR

***West Island Crisis Center**

514-684-6160

(24/7)

***Note: All 24/7 resources are available for consultation if you are not sure whether a situation is imminent or not imminent and/or how to proceed.**