

**Crisis @ JAC  
(8:00 am – 6:00pm )**

**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)  
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**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*)

**Crisis –  
Evenings (6:00pm – 8:00am) & Weekends**

**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)**

*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 or 988 (24/7)  
 OR  
**\*West Island Crisis Center**  
 514-684-6160 (24/7)

For **Sexual Violence** and **Harassment** disclosures, refer to/consult with :  
**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.

*\*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.*