



Counselling & Wellness Student Quick Guide

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Notice

The key sign that someone is experiencing a concern is a change from their normal behaviour. Some typical signs can include:

- Change in attendance and/or participation
- Poor hygiene
- Extreme negativism
- Lack of motivation and/or withdrawal
- Sudden drop in grades
- hyperactivity, nervousness



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Check in

Make time to check in with what's been going on for yourself and others. Come from a place of care and remove judgment.

If a peer opens up to you be mindful of both your verbal and nonverbal cues. Talk to us if you want tips.

If they are not willing or ready to talk, please share Counselling Services' contact information.



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Reach out

When in doubt, just reach out!

Connect with a trusted friend, family member, instructor and/or Counselling & Wellness Services for support.

Counselling & Wellness Services are free and confidential for all students. We meet you where you are at and encourage your success.



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Contact

 counselling@portagecollege.ca

 portagecollege.ca/counselling-wellness

If you need help after hours, please call the provincial helpline , 811 and ask for Mental Health Services.



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Learn more

We provide the Community Helpers Program, a free training for peer mental health and suicide awareness. The program aims to enhance your ability to recognize warning signs, practice difficult conversations, find supports within your community, how to take care of yourself, and more. If you are interested, please inquire at communityhelpers@portagecollege.ca.

Visit our Facebook page at facebook.com/portagecollegecounselling for information on wellness throughout the year!

