



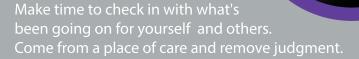
Counselling & Wellness **Student Quick Guide**

Notice

experiencing a concern is a change from

- Change in attendance and/or participation
- Poor hygiene
- Extreme negativism
- Sudden drop in grades

Check in



and nonverbal cues. Talk to us if you want tips.

If they are not willing or ready to talk, please share

Reach out



instructor and/or Counselling & Wellness Services for

Counselling & Wellness Services are free and

Contact

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



Learn more

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!