

Student Wellness and Equitable Learning

Post-secondary studies can be a challenging time for learners. Generally, there are signs that a learner may be struggling long before a situation escalates to a crisis.

As faculty and staff, you are well-positioned to recognize behaviour that may indicate that a learner is in distress and may require help. Being able to recognize early signs of distress and being willing to share your concerns directly are critical first steps in supporting our learners.

At Humber, everyone plays a role in supporting learner success and well-being.

How to Support a Learner in Distress



Recognize

Notice signs of distress.



Respond

Engage the learner, listen to them, and validate their experience.



Support

Share appropriate resources with the learner.



Learn more about steps to support learners in, referrals to resources, and tips for taking care of yourself. **Scan the QR code to download the Recognize, Respond and Support Learners in Distress resource.**

Taking care of yourself

Supporting learners who are experiencing personal challenges or difficulty can bear a lot of weight on the person offering support. It is important to maintain boundaries and observe your personal limits. Your main role is to provide a referral to trained professionals.

Self-care resources:

- Well-being resources online, through the LifeWorks website (available to all employees)
<https://www.workhealthlife.com/>
- Humber College Employee Assistance Program (EAP) (available to full-time employees)
<https://www.workhealthlife.com/>
- Note: If you are a part-time/contract employee and you need access to EAP, please contact your manager or HR Business Partner:
<https://hrs.humber.ca/assets/files/support/hr-service-delivery-contacts.pdf>
- Centre for Healthy Living
<https://healthsciences.humber.ca/current-students/resources/learning-labs/centre-for-healthy-living.html>

For more information contact:

Student Wellness and Equitable Learning: swel@humber.ca

Student Wellness and Accessibility Centre: SWAC@humber.ca

416-675-6622 ext. 3331 (Lakeshore)

416-675-5090 (North)

Student Support and Intervention Coordinators: SICsupport@humber.ca

416-675-6622 ext. 2102

Good2Talk: 1-866-925-5454, good2talk.ca

Crisis and Emergency: 911 or Department of Public Safety 416-675-8500