

What is a crisis?

Students who are experiencing a psychological or emotional crisis often need immediate help and intervention. Some examples of serious crises include:

- Suicidal or homicidal thoughts or impulses
- Sexual or physical assault
- Hearing voices or otherwise misperceiving reality
- Overwhelming loss, such as a death in the family

What to do if you are in a crisis?

If you are in immediate danger (you are either about to seriously hurt yourself or someone else) please call 911. If you are on campus, you can call Campus Security at 514-848-3717

<http://www.concordia.ca/campus-life/security.html>

Need psychological support?

You can present yourself to the Counseling and Development office, Monday to Friday between 9:00 and 4:30. (<http://www.concordia.ca/offices/cdev.html/our-services/counselling/>). Tell the front desk reception staff that you are experiencing a crisis. You will be seen by the on-call counselor or psychologist at the next available opportunity.

The **Sexual Assault Resource Center** houses many books and resources that could be useful for you. Visit sarc@concordia.ca located at 1550 de Maisonneuve W., GM 300.27 (514-848-2424 ext. 3353).

External resources for crisis:

If you are in distress and need immediate assistance you have several options:

Information and Referral Centre of Greater Montréal	http://www.info-reference.qc.ca/www/Home.php?locale=en-CA 514-527-1375
Emergency Department Montreal General Hospital & McGill University Health Centre 1650 Cedar Ave.	General Info: 514-934-1934 ER Dept: 514-934-8090
Centre Hospitalier de l'Université de Montréal 1058 Saint-Denis	General Info: 514-890-8000
Royal Victoria Hospital & McGill University Health Centre 687 Pine Ave. West	General info: 514-934-1934 ER Dept: 514-843-1610
St Mary's Hospital 3830 Lacombe Ave.	General info: 514-345-3511 ER Dept: 514-734-2690
CLSC Metro	514-934-0354
CLSC NDG/Montreal West	514-485-1670
TRACOM Centre for Crisis Intervention	514-483-3033
Herzl Clinic 5858 Cote Des Neiges	514-340-8311
Montreal Sexual Assault Center	514- 934-4504
Suicide Action Montreal	514-723-4000
Depressed Anonymous	514-278-2130
Tel-Aide	514-935-1101

