

other types of appointments, please contact counselling@langara.ca to determine the current average wait-time.

3. Where should I send students after -hours?

There are numerous resources located in the community that operate outside of the. Please consult the following link to our **After-hours resources**.

<https://students.langara.ca/student-services/counselling/resources/after-hours-emergency-resources.html>

4. Can a Counsellor come to my class to speak about Counselling Services with my students?

Yes. We would love to visit your class to let students what Counselling supports are available to them. Please email counselling@langara.ca to book a counsellor.

5. What should I do if a student mentions harming themselves or suicide?

If you know someone who is at risk of harming themselves or others, please call 911.

If you or another Langara faculty or staff member is in immediate danger and you are working at the **Main or West Broadway Campus**, you can call 911 or **Campus Security at local 4444 or dial 604.562.1011**. In a non-emergency situation or for any general security concerns call local 5270 (from any internal phone), dial 604.562.1011, or email Security Dispatch at security@langara.ca.

If you are at the West Broadway Campus, please note that the Langara Counselling Department does not have a counsellor stationed there.

6. If I am concerned about the mental health of one of my students, can I consult with a counsellor?

Yes. We are pleased to offer advice and support to any faculty or staff member who is concerned about a student's mental health. Please email our front desk at counselling@langara.ca or our Department Chair, **Jamie Spray** at jspray@langara.ca to request a consult.

In-class presentations or workshops are a great way for counsellors to build a connection with your students. These are the most common formats and topics, but we're open to your ideas/suggestions! We would be happy to visit your classroom in person or virtually over zoom.

- **5-10-minute classroom visit** with a brief intro to counselling services, normalizing the stress of being a student and encouragement to prioritize overall wellness as part of academic success.
- **30- or 50-minute presentation/workshop.** Some past workshops have included: study skills, time management, surviving the stress of being a student, mindfulness, self-compassion, and managing transitions. If there's another topic that you would be interested in, please let us know.
- If a **critical incident** occurs in your class or to one of your students, please know that we are available to provide support to the group (in the form of a classroom discussion or presentation) and of course also individually to students. Offerings will vary depending on the campus, time of semester, and counsellor availability. If you would like one of us to visit your class, please contact: counselling@langara.ca