

Q&A FOR FACULTY

1. How do I connect students to Langara Counselling Services?

As a staff member, you have an important role to play in helping us spread the word within your area and ensuring that students have access to accurate information. **Encourage** faculty members to include health and wellness content, such as Counselling Services brochures, counselling group posters, mental health initiative events, Student benefit package brochures, and more. If you would like some material, feel free to drop by our office at B111.

Multiply the message! Collectively, we send thousands of messages to students every week. Consider including a link to Langara Counselling Services in your e-mail signature for the next few months, such as: "Have you heard about Langara Counselling Services?"

If you believe one of your students could benefit from our services, we suggest you provide them with information about the services we offer including how to book an appointment: either by visiting our office in-person in B111 or by emailing counselling@langara.ca.

Sometimes it may be helpful for the students if you accompany them to our office to support them in making the initial appointment. **Except in cases of imminent risk, where a student's life is in danger, Counsellors do not make the first outreach to a student.** This means that, generally, students must request a counselling appointment themselves by contacting **counselling@langara.ca** or dropping by the counselling Front Desk in B111.

If you are concerned that a student may be a safety risk to themselves, in addition to the above, we encourage you to reach out directly to our office, counselling@langara.ca or our Department Chair jspray@langara.ca to discuss your concerns and consult with a counsellor about next steps.

2. If I refer a student to counselling, how soon can they get an appointment with a counsellor?

We aim to provide counselling appointments for students in as timely a manner as possible. The wait-time often depends on the type of counselling appointment needed. When an immanent safety risk is involved, students will be seen on the **same day**. For



COUNSELLING

Langara.

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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.



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PRESENTATIONS AND WORKSHOPS

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

