

# 24/7 Support Options

If you need support at anytime, 24/7 and after-hours resources are listed below:

## ***Campus security***

In an emergency, Loyalist Security can be reached 24 hours a day at the following numbers:

Kente Building: 613-969-1913, ext. 2316

Residence Security: 613-969-1913, ext. 2148

Pioneer Security: 613-969-1913, ext. 2236

If using a College phone/call box in the Kente or Pioneer building, you can dial ext. 2222.

## ***Student success***

Loyalist College's Student Success offers a variety of supports and resources to students. To learn more about these services, you can visit Student Success' page at the link below:

<https://www.loyalistcollege.com/current-students/student-success-services/>

## ***Sexual violence link***

If you need immediate assistance, please contact:

Loyalist Sexual Assault Line

613-969-1913, ext. 2657 (8:30 am – 4:30 pm)

For after hours assistance, please contact:

Sexual Assault Centre of Quinte District

1-877-544-6424 or 911

## ***My SSP: Mental Wellness Student Support Program***

Loyalist Student Government is pleased to offer the innovative My SSP: Mental Wellness Student Support Program which provides 24/7 mental health support to all Loyalist College full-time and part-time day students at the Belleville, Bancroft and Port Hope campuses.

Students have access to support from counsellors who speak their language, understand their culture, and the unique challenges they face. The My SSP app provides students with access to a wide variety of articles, videos and other mental health resources as well as direct access to a counsellor by telephone or chat. Support is available anywhere in the world and in multiple languages.

## ***Good2Talk***

Good2Talk is a free, completely confidential, and anonymous helpline for colleges and university students in Ontario. Good2Talk is a partnership between Kids Help Phone, Connex Ontario Health Services Information, Ontario 211, and Ontario Centre of Excellence for Child and Youth Mental Health. It is available 24/7 in English and French. Students can talk to a professional counsellor to receive immediate telephone counselling support and referral for face-to-face support in their school or local community.

You can contact Good2Talk at the phone number below

**Phone: 1-866-925-5454**