

SAFETY and Safe space during the course

1) FOR EMERGENCIES - CALL 9-1-1 or go to nearest emergency service

2) Please identify/request your resources on Mental Health if you have access through your organization:

- Human Resources: Codes, Policies, Benefit Plan
- Employee Assistance Programs
- Peer Support
- Occupational Health and Safety Representatives; Mental Health First Aiders; Union Stewards
- Occupational Health and Safety
- ASIST (www.livingworks.net)

3) Sensitive topics are discussed and featured (i.e. videos) during training. In the event you are triggered and/or require immediate attention during the session:

- Advise the Facilitator or Moderator via chat or by using the “Thumbs Down”
- See below National Crisis Hotline information
- Locate trusted colleague, family member or friend

4) Learner / Trainer Expectations: The personal information shared during this training is to remain confidential. The course platform is a safe space for learning and sharing; we ask for your support in fostering this environment.

5) National Crisis Hotlines

- Kids Help Phone: 1-800-668-6868 or text 686868
- Crisis Services Canada: 1-833-456-4566 or text 45645
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
- Canada Drug Rehab Addiction Services Directory: 1-877-746-1963
- National Eating Disorder Information Centre: 1-866-633-4220