



Royal Roads
UNIVERSITY

EARLY ASSIST

RECOGNIZE & RESPOND TO STUDENT MENTAL HEALTH

RRU C.A.R.E.S.

How to respond to a student mental health concern.

Check-in with concern and care.

Acknowledge their experience.

Refers to appropriate support.

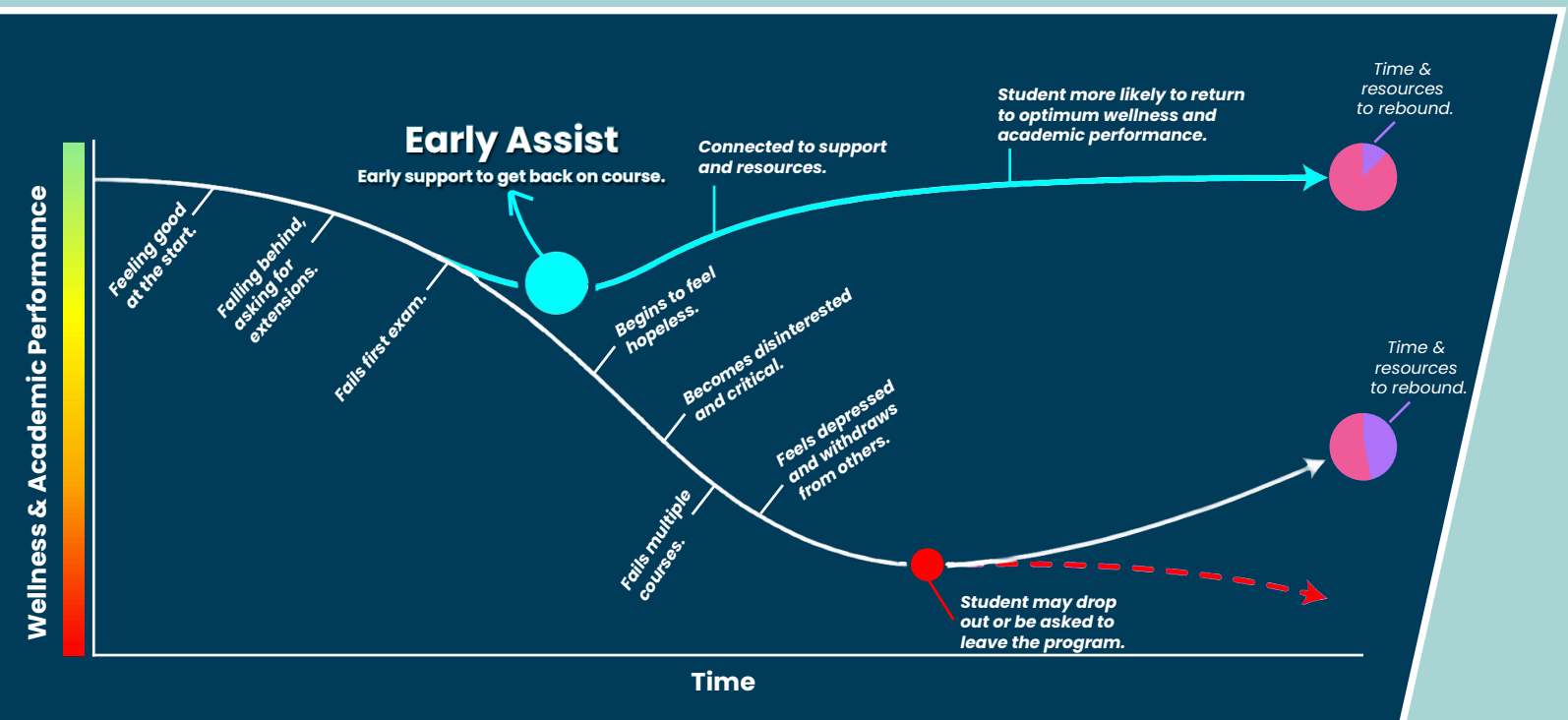
Encourage reaching out and self-care.

Self-care is important for you too!



Why Early Assist Matters?

Early Assist helps identify concerns sooner and connect students with the right support, ensuring they feel cared for and can address difficulties before they become overwhelming.





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Referring Students in Distress

***In serious medical emergencies or imminent danger,
911 should always be called first.***

Urgent Distress Concerns

Call Security Services 24/7:

Colwood 250-391-2525

JHC 236-475-5070

Security will contact on-call CARE staff to coordinate follow-up support & communication.

Non-Urgent Distress Concerns

Email the CARE Team:

care@royalroads.ca

CARE Team will respond within 12-24 hours.

Additional Supports for Students:

Accessibility Services	250-391-2600 Ext. 4216 accessibilityservices@royalroads.ca
CARE Team	care@royalroads.ca
Counselling & Learning Strategy Support	250-391-2600 Ext. 4515 counselling@royalroads.ca
Financial Aid & Awards	250-391-2600 Ext. 4222 rrufinancialaid@royalroads.ca
Indigenous Student Services	250-391-2600 Ext. 4072 IndigenousStudentServices@RoyalRoads.ca
International Student Support Services	250-391-2600 Ext. 4580 International.support@royalroads.ca
Student Conduct	250-391-2600 Ext. 4580 StudentRightsandResponsibilities@RoyalRoads.ca
Security Services	Colwood: 250-391-2525 Langford: 236-475-5070
Team Coaching	250-391-2600 Ext. 4394 teamcoaching@royalroads.ca
Career Services	careerservices@royalroads.ca