

## IN SITU COUNSELLING THROUGH SHEPELL

The following process has been developed to assist the Brock community when a tragic event occurs in the Brock community.

Provide helpful information and resources - Morneau Shepell has prepared briefs for common situations when assistance is requested. These briefs can be used to assist staff, faculty and students when a tragic event occurs. The briefs can be found at:

[Health, Safety & Wellness](#)

Staff, faculty and students can access counselling on an individual basis by calling the phone numbers included noted below and in the briefs which are available 24 hours a day, 7 days a week, 365 days of the year.

Should there be extenuating circumstances, and the approach above does not provide appropriate or adequate resources for the situation, one of the two following options will be considered on a case-by-case basis in consultation with the Director of Student Wellness & Accessibility Centre (SWAC) or the Director of Health, Safety & Wellness (HSW):



Provide in situ counselling by taking one of the four Morneau Shepell Counsellors located in SWAC to meet with the faculty/department/students and address the group by offering information about the situation (grief and loss for example) and then being available for an hour or two for anyone who wants to connect with the counsellor individually. This counsellor would be available to address students and employees rather than seeking out separate supports. This option would impact the appointment availability for students seeking counselling services in SWAC by the amount of time the counsellor spends with the group. Contact: [spennisi@brocku.ca](mailto:spennisi@brocku.ca)



Deploy Morneau Shepell's Trauma Support team; this team is assembled in extreme circumstances only. This option would be at an additional cost to the service agreement and would be billed separately. Contact: [lharold@brocku.ca](mailto:lharold@brocku.ca)

## Support for Brock Students:

### Personal Counselling at Brock by Morneau Shepell\*

**In Person Counselling:** Brock students can access confidential support with a counsellor by appointment at no cost. Appointments are located in Brock Personal Counselling ST 400.

**Booking an appointment is easy and can be done 24/7.** Simply call **1.833.BROCK.33** to schedule an in person appointment.

**Crisis support with a counsellor is available by phone 24/7/365.** If you are in crisis and wish to speak with a counsellor immediately, call **1.833.BROCK.33** (1.833.276.2533). When outside of North America dial 001.416.382.3257.

Learn more about Personal Counselling at Brock: <https://brocku.ca/personal-counselling/>

Visit the Brock Student Wellness Website: <https://brockmystudentsupport.com/>

## Support for Brock Employees:

### Employee and Family Assistance Program (EFAP) by Morneau Shepell\*

**Employee and Family Assistance Program (EFAP):** provides immediate and confidential assistance at no cost to Brock employees and their eligible family members for any work, health or life concern.

**Booking an appointment is easy and can be done 24/7.** Call **1.844.880.9142** to schedule an appointment or to access crisis counselling.

Visit [workhealthlife.com](http://workhealthlife.com) for information and online secure and confidential access to a range of EFAP support services.