

Health & Wellness Support

At Automotive Training Centre (ATC), we understand that a student's overall well-being plays a vital role in their success. Training for a new career can be demanding, and maintaining a healthy balance between academic, personal, and emotional life is essential. Our Student Services team provides a supportive environment where students can access guidance, connect with community resources, and receive confidential help when needed.

On-Campus Support

Students at ATC can access free and confidential wellness sessions with Student Services throughout the year. These sessions offer a safe space to talk about any personal or academic challenges and to get connected with additional community or professional support if necessary.

Common topics include:

- Stress and time management
- Motivation and goal setting
- Personal challenges and adjustment to training
- Mental health concerns
- Family or financial stressors

To schedule a session, please contact Student Services at your campus:

Automotive Training Centre – Surrey Campus
12160 88 Avenue, Surrey, BC
604-635-2222
info@autotrainingcentre.com

24/7 Mental Health Resources

Students can access 24-hour confidential mental health support through the provincial Here2Talk service. Here2Talk connects students with professional counsellors via phone, online chat, or mobile app.

Here2Talk offers:

- Free and confidential access to qualified counsellors
- Immediate support, available anywhere in Canada
- Services in multiple languages
- No appointment required

How to connect:

- Call 1-877-857-3397 (or +1-604-642-5212 outside Canada)
- Visit here2talk.ca
- Download the Here2Talk mobile app

Substance Awareness and Safety

ATC encourages all students to prioritize personal safety and wellness, especially when working in high-energy and technical environments. Understanding the risks of substance use and knowing where to access help can make a major difference.

If you or someone you know is struggling with substance use:

- BC Alcohol & Drug Information and Referral Service: 1-800-663-1441
- Visit stopoverdosebc.ca for overdose prevention and naloxone training
- Remember: The Good Samaritan Drug Overdose Act protects anyone calling 911 during an overdose emergency.

Naloxone kits are available at most pharmacies and community health centres throughout Surrey.

Wellness & Lifestyle Resources

Maintaining both physical and mental health helps you stay focused during your training. ATC encourages students to use local and online resources to support a balanced lifestyle.

Helpful tools and services:

- MindShift App – Strategies for anxiety and stress management
- Calm and Headspace – Meditation, focus, and sleep improvement
- HealthLink BC (8-1-1) – Free access to nurses, dietitians, and health advice
- AllTrails App – Find outdoor walking and hiking routes in the Surrey area
- City of Surrey – Community recreation and wellness programs (surrey.ca/community)

Crisis Contacts

If you are in crisis or need urgent help, please reach out immediately:

- Emergency: 911
- BC Crisis Centre: 1-800-784-2433 (1-800-SUICIDE)
- Mental Health Support Line: 310-6789 (no area code)
- Kuu-us Crisis Line (Indigenous Support): 1-800-588-8717
- Kids Help Phone (ages 29 and under): 1-800-668-6868 or text CONNECT to 686868

We're Here to Help

Whether you're managing stress, balancing studies, or facing personal challenges, the Student Services team at ATC is here to support you. You don't have to handle things alone — reach out to us anytime for help connecting with counselling, community programs, or local wellness services.

Naloxone Training – Emergency Response Overview

1. What is Naloxone?

Naloxone is a safe, life-saving medication that can temporarily reverse the effects of an opioid overdose. It works within minutes and has no effect if opioids are not present.

2. Recognizing an Opioid Overdose

Call 911 immediately if you notice:

- Slow or no breathing
 - Blue or gray lips and fingertips
 - Unresponsiveness or unconsciousness
 - Pinpoint pupils
 - Gurgling or choking sounds
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3. Responding to an Overdose (CALL, GIVE, STAY)

Step 1 – Call for Help

Call **911** right away. Tell them someone is not breathing and may have overdosed.

Step 2 – Check Responsiveness

- Tap their shoulders and shout their name.
- If no response, check for breathing.

Step 3 – Give Naloxone

- **Nasal Spray:** Insert the nozzle into one nostril and press firmly.
- **Injectable:** Inject into upper arm or thigh at a 90° angle.

Step 4 – Support Breathing

If trained, provide rescue breaths or CPR as directed by the 911 operator.

Step 5 – Stay with the Person

- If no improvement in 2–3 minutes, give a second dose.
- Stay until emergency help arrives.
- Place the person in the **recovery position** (on their side) if breathing resumes.

4. Important Reminders

- Naloxone is free at most pharmacies in BC.
- It is safe to use even if unsure of the substance.
- Effects last 30–90 minutes—medical care is still required.
- Anyone can legally administer Naloxone in Canada in an emergency.

Naloxone Kit Location – ATC Surrey Campus

In case of an opioid-related emergency:

1. **Go to the First Aid Room** located on the **second floor** of the Surrey campus.
2. Inside the room, you will find the **First Aid Cabinet** mounted on the wall.
3. The **Naloxone kit** is stored **inside the First Aid Cabinet**, clearly labeled for easy access.
4. If you are unsure where the First Aid Room is, **ask any staff member or instructor** for immediate assistance.

Remember:

If you suspect an overdose, **call 911 immediately**, then retrieve the Naloxone kit and follow the emergency response steps.