



Mental Wellness Student Support Program



Support where and when you need it most

Connect with a counsellor who:

- is available to talk 24/7
- keeps your information confidential
- understands your culture
- speaks your language
(over 35+ languages available)

Get advice on:

- being successful at school
- adapting to new cultures
- managing finances
- stress, sadness, loneliness and lots more

CHAT. CALL.
Anything, Anytime, Anywhere

Download the **My SSP** app today!
1.844.451.9700

