



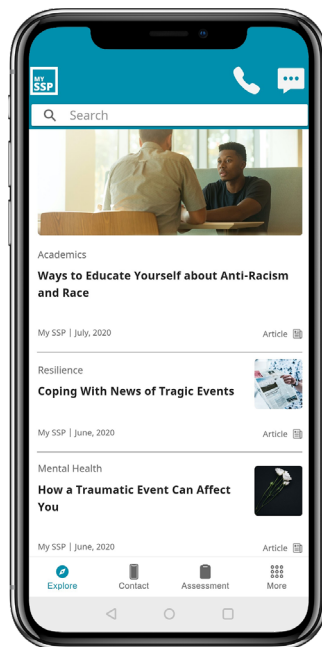
Student
Support
Program

Your success starts with great support

Attending college or university is an exciting life experience. It can also be a time of change, adjustment and stress. My Student Support Program (My SSP) is here to help you succeed. Connect with us 24/7 for free, confidential mental health and wellbeing support.

Download the My SSP App:

- Free wellbeing resources
- Articles
- Assessments
- Virtual fitness sessions
- Chat with a specialist



My SSP can help you anytime with:

- Adapting to new challenges
- Being successful at school
- Stress and worry
- Relationship concerns
- Sadness and loneliness
- Uncertainty and much more

Free confidential support when you need it

- 24/7 support via chat and telephone
- Scheduled support over phone or video
- Match with a professional counselor
- Multilingual support available

Call. Chat. Anytime. Anywhere.

1.866.743.7732

*If calling from outside North America: 001.416.380.6578