



# TELUS Health Student Support

Get free, confidential  
mental health and  
wellbeing support 24/7  
with the **Student  
Support app.**

- Confidential, mental health support with a counselor at no cost to you
- Speak with a counselor 24/7 via telephone or chat
- Telephone, video and in-person counseling by appointment for short-term support
- Language and lived-experience counselor-matching upon request
- Self-directed resources including articles, videos, assessments, virtual fitness and much more



**Call. Chat. Anytime. Anywhere.**

If you are worried about someone else, please call the Care Access Center at 1-866-743-7732 for support.

Virtual care offered by:

 **TELUS**® Health

