

## Your success starts with great support

Attending 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

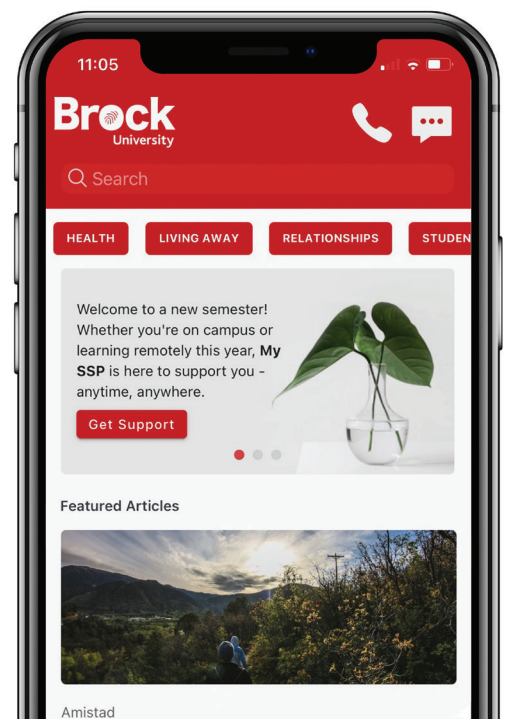


## My SSP can help you anytime with:

- 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 telephone or text chat using the My SSP app.
- Professional support with licensed counsellors in real time.
- Support available in English, French, Spanish, Mandarin and Cantonese (Simplified Chinese via chat).



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

Download MySSP or call **1.833.276.2533** (1.833.BROCK33). If calling from outside North America call 001 416 382 3257 (long distance charges may apply)