

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



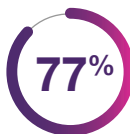
 **TELUS[®]**
Health





TELUS Health Student Support offers:

- Confidential, mental health support with a counselor at no cost to you
- Speak with a counselor 24/7 via telephone or chat
- Support in English, Spanish, French, Mandarin and Cantonese
- Self-directed resources including articles, videos, assessments, virtual fitness and much more



of college students experience moderate to serious psychological distress.



Download the
app today

 **TELUS** Health

Stat from American College Health Association

