



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





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
- 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



of college students experience moderate to serious psychological distress.



Download the
app today

TELUS[®] Health