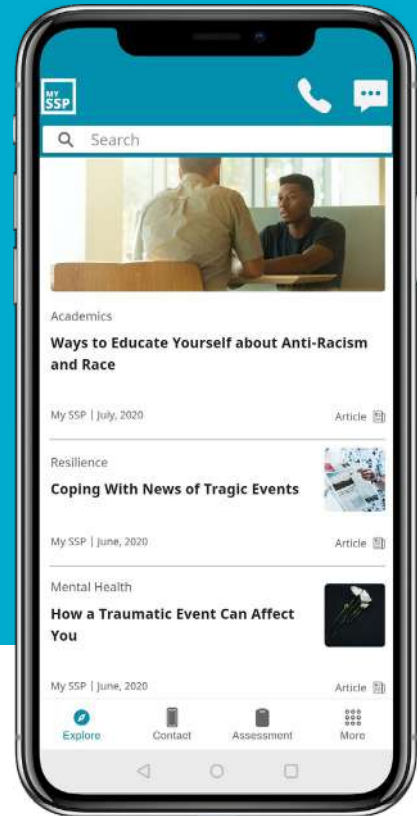


Your success starts with great support

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.

Call. Chat. Anytime. Anywhere.
Download the app to connect today



The My SSP app provides free access to a variety of wellbeing resources

- Articles
- Assessments
- Podcasts
- Videos
- Virtual fitness sessions

Free, confidential support when you need it

- **24/7 real-time** phone and chat support
- **Multilingual** support available
- Match with a **professional counselor**
- Short-term **phone and video support** by appointment

My SSP can help you anytime with adapting to new challenges, being successful at school, stress and worry of daily life, relationship concerns, sadness and loneliness, uncertainty and much more.



1.866.743.7732

*If calling from outside North America: 001.416.380.6578