

## Your success starts with great support

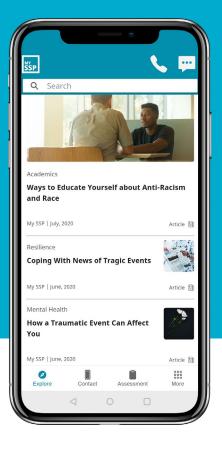
Attending college or university is an exciting life experience. It can also be a time of change, adjustment and stress. My Student Support Program (My SSP) is here to help you succeed. Connect with us 24/7 for free, confidential mental health and wellbeing support.

#### 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

# 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.



## **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



### **1.866.743.7732** \*If calling from outside North America: 001.416.380.6578