

**MY  
SSP**

**Student  
Support  
Program**

**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!

89% of students report feeling overwhelmed by all they had to do and 65% feel overwhelming anxiety.\*



# Student Support Program



## Special features for international students

Created by clinical and cultural experts, My SSP meets the unique needs of international students:

- access to an advisor/counselor who speaks your **preferred language** and **understands your culture**
- **immediate** support **24/7** through **app, chat and phone**
- **self-directed support** including multilingual articles and videos on the My SSP app

Download the free My SSP app today!



Download the free My SSP app and connect with us 24/7 for **free, confidential & personalized** mental health and wellbeing support.

### The Student Support Program:

- ✓ Understands your challenges
- ✓ Provides immediate support
- ✓ Refers you to campus resources, when needed
- ✓ Keeps your information confidential
- ✓ Is available 24/7 at no cost to you

### We can help you anytime with:

- ✓ Adapting to new challenges
- ✓ Being successful at school
- ✓ Relationships with friends and family
- ✓ Sadness and loneliness
- ✓ Uncertainty and much more
- ✓ 24/7 through the MySSP app, chat and phone
- ✓ Scheduled support over phone or video
- ✓ Match with a professional counsellor
- ✓ Multilingual support available

## CONTACTING US IS EASY:

**Call** or **chat** with an advisor/counselor 24/7 ...

**Immediate support** - by phone and chat

**On-going support by appointment** - by phone and video

... in your own language



FREE



CONFIDENTIAL



24/7



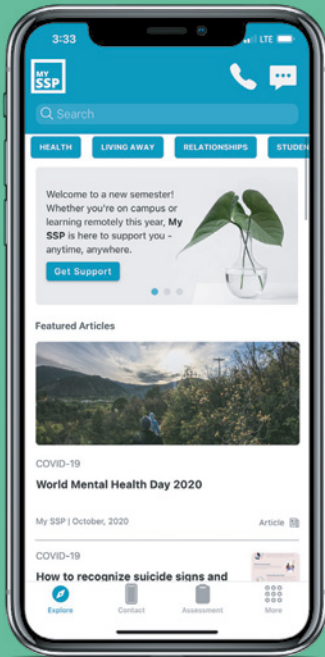
PERSONALIZED

\* Source: National College Health Assessment (Spring 2016)



# Student Support Program

Call. Chat. Anytime. Anywhere.



Connect to personalized support

Watch videos

Browse an extensive library of articles

Download the free My SSP app today



[myssp.app](https://myssp.app)

