

**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



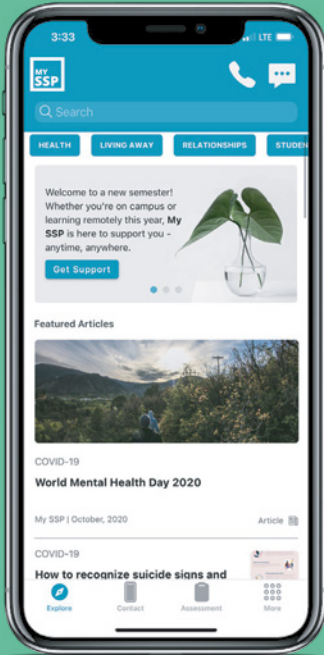
PERSONALIZED

* 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

