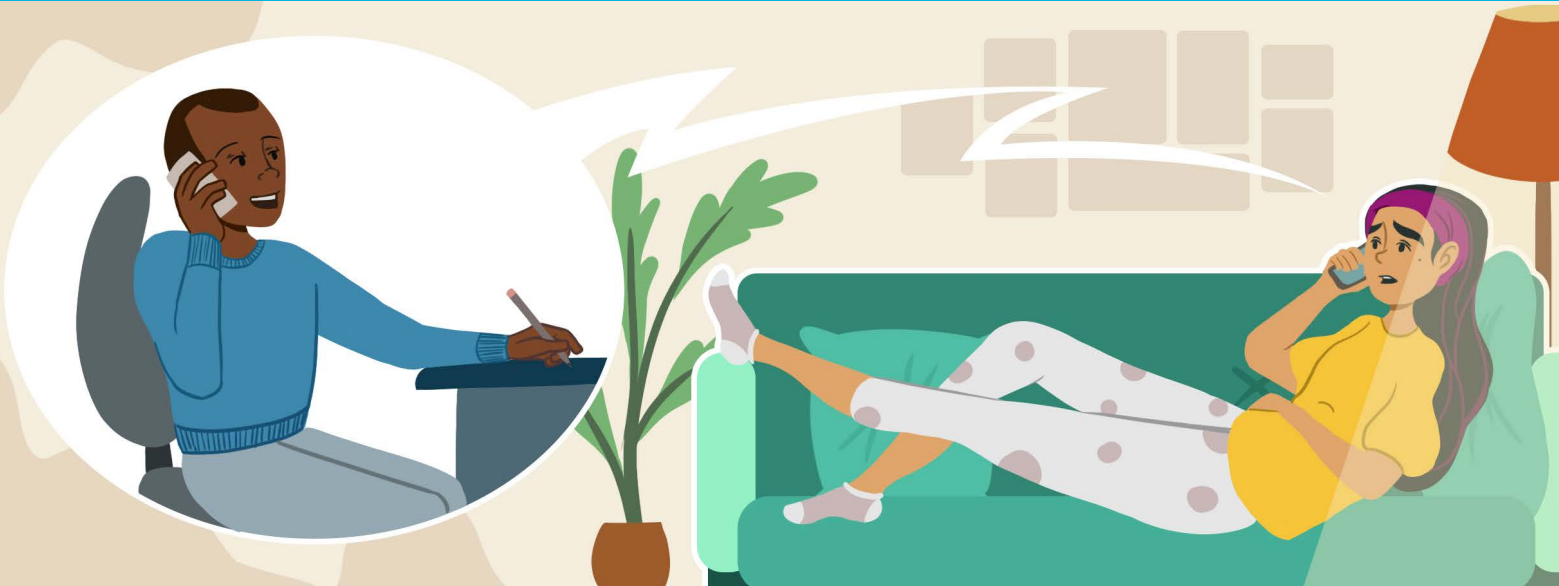


# MENTAL WELLNESS PHONE LINE

FREE - PRIVATE - INTERNATIONAL STUDENTS - AVAILABLE 24/7

## WE'RE HERE TO LISTEN.



Life is a struggle sometimes—and that's okay. Call the mental wellness phone line to connect with a counsellor who will offer support and guidance.

- **FREE and available 24/7, day or night**
- **Available in over 180 languages**
- **Video chat and in-person counselling, where available**
- **100% private and confidential:** your conversation is private between you and your counsellor, and will not be reported to your insurance company, your school, or your parents

Brought to you by Stay Healthy at School by StudyInsured™



**MENTAL WELLNESS PHONE LINE**  
FREE - PRIVATE - AVAILABLE 24/7

**1-866-883-9787**

1. Call at any time, day or night
2. Select 1 for English; 2 for French
3. Select 3 for the StudyInsured Student Assistance Line
4. You will be connected with a counsellor for a private and confidential conversation

You can request any language when you are connected



Keep this wallet card handy for future reference.

### DOWNLOAD THE FREE iCONNECTYOU MOBILE APP TO...

- learn from self help tools and other resources
- book appointments via the app's scheduling function
- call the phone line directly

TO LOG IN:

- select Student
- enter code SIMW

