



STUDENT WELLNESS

Student Wellness provides students with free, confidential access to a professional counsellor any time, anywhere, via phone or internet.

Staffed by a team of highly trained and qualified professionals who are experts in fields such as well-being, family matters, relationships, debt management, employment issues and more.

See what Student Wellness can do for you.



Healthy Living

Student life can be busy, and keeping up with class requirements on top of work or family duties means less time for your health and wellness.

Student Wellness is here to provide:

- Information and referrals
- Articles on health and wellness
- Online assessments and stress management training



Unhealthy Habits

Letting go of unhealthy habits isn't easy but Student Wellness can provide information and resources to help change your routines and replace unhealthy habits with healthier ones.

Student Wellness is here to provide:

- Tips to quit smoking and tobacco
- Articles on healthy eating and fitness
- Audio on stress management techniques



Stress and Resiliency

Learning resilience means coping with the stresses of student life, by forming strong relationships, communication and problem-solving skills, the ability to make plans, and a positive outlook.

Student Wellness is here to provide:

- Financial consultations
- Articles and tip sheets on resilience
- Online assessments and stress management training
- Work-life consultations



Goal Setting

Increase your GPA. Run a marathon. Find an internship. Creating a set of specific short and long-term goals is the best way to turn your personal and professional dreams into reality.

Student Wellness is here to provide:

- Articles and tip sheets on goal setting and time management
- Referrals to self-help groups, coaches, and tutors



Healthy Relationships

Maintaining supportive, lasting relationships can enhance our lives, give us purpose, and provide support in times of crisis—improving our health and reducing stress.

Student Wellness is here to provide:

- Articles and information on healthy communication
- Online training in conflict resolution and anger management
- Legal/financial information for couples and spouses



Organizational Tools

Reading, papers, and presentations are great opportunities to learn, but can be a source of anxiety if you aren't organized. Learning simple time management, keeping an organized workspace, and having the right tools can help you succeed.

Student Wellness is here to provide:

- Articles and information on goal setting and time management
- Organizational tools and strategies
- Online stress management support



Anger Management

We all face situations that can make us feel angry. Anger in response to certain situations is normal, but expressing that anger in a healthy way is key to successful communication.

Student Wellness is here to provide:

- An online seminar to identify and manage anger
- Articles on stress management and anger control
- Audio tips on anger



AWARE

AWARE is a research-based, personalized mindfulness program that helps individuals manage personal or work stress through six phone sessions with a specialist trained in wellness coaching.

Student Wellness is here to provide:

- Focus and concentration
- Chronic medical conditions and pain
- Increasing awareness and commitment to intentional living



We've got you covered.

Our Student Wellness program is available 24 hours a day, 7 days a week, and can be accessed by phone or web.

In Canada 1-833-549-3281

Direct Dial Outside of Canada 416-956-2963

studentbenefits.ca/studentwellness