

# WECONNECT



## Introducing WeConnect, your Student Mental Health & Wellness Program.

WeConnect provides post secondary students, and dependents, with short-term therapy, lifestyle counselling, courses, resources and events to improve mental and physical health. Access to clinical care services is simple and available on-demand, in-person and telephonic and all services are globally accessible to provide synergy at each campus for all domestic and international students. The program is designed to directly support the needs of international students who may not be in Canada. The program seeks to contribute to a resilient domestic and international student community by further augmenting existing on-campus mental health resources.

### » Short-Term Therapy Modeling

- Uncapped counselling sessions, based on a short-term therapy model (clinically diagnosed by individual).
- The service is available to all eligible students and their dependents.
- Care is immediate by connecting with the intake team and there is no level of payment re-quired.
- Student Member Access points for Intake:

- Clinical Response Centre (CRC) via phone

All Care Coordinators are trained Clinicians who will triage the student member's request, as-sess whether they require crisis care and, if so, deliver that care immediately. If counselling is deemed appropriate, the Clinician will triage the student for counselling.

- Via Website
- Via Livechat
- Via Email
- Via iConnectYou Mobile App

### » Wellness Product Features

- Short Term Therapy Counselling services available virtually, in-person\* and telephonic.  
\*In accordance with governing Covid guidelines.
- Global technological reach via website.
- Mobile app (iConnectYou) available on Google Play and Apple iTunes.
- Services are available twenty-four (24) hours per day, seven (7) days per week.
- Diverse counsellor profile/ matching.

### » Additional Program Enhancements

- LifeCoaching
- Wellness Coaching
- Aware Mindfulness program
- Computerized Cognitive Behavioural Therapy (cCBT)
- Legal Consulting: Free 30-minute consultation with a lawyer
- Financial Consulting: Free 1 hour consultation with a Professional Financial Advisor (PFA)

### » International Support

- International access to counselling services virtually, or in-person\*, while located in home country or travelling outside of Canada if required.

\*In accordance with governing Covid guidelines.

- Multilingual support and options offered by professional counsellors and within the program services.



**Call: 1-888-377-0002**

or find more information through [www.wespeakstudent.com](http://www.wespeakstudent.com)

**WE SPEAK  
STUDENT**