



## Student Assist

# 24/7 Mental health support.

Your well-being impacts your success. Whether you are feeling lonely, anxious, having a mental health crisis, or simply feeling off, Student Assist connects you with the support you need.



### Log in to your portal

Go to [inglelewer.ca/mental-health/](https://inglelewer.ca/mental-health/) to access Student Help Line.



### Talk to someone qualified.

Speak with a licensed counselor, life coaches, clinicians, and experienced work-life specialists.



### Get a referral

Student Assist can provide additional mental health care referrals, such as a qualified psychiatrist.

## Get Immediate Help.

Download the iConnect app from the Apple App Store or Google Play Store.

### Contact our 24/7 helpline:

Toll-Free Number: 833 643 6088 | Direct Dial: 984 204 8612