

EMPOWER ME

POWERED BY ASPIRIA

MENTAL HEALTH RESOURCES FOR STUDENTS

Studentcare is excited to have launched Empower Me, a mental health and wellness service. This program provides a full suite of mental health services and resources specifically tailored to students.

WHAT IS EMPOWER ME?

- A platform that combines progressive counselling methods and technology
- Available 24/7 for students anywhere in North America, **online or by phone**
- Connects students with consultants, counsellors, and life coaches to provide them with appropriate support
- Multilingual toll-free service

WHICH ISSUES CAN STUDENTS SEEK SUPPORT FOR?

Students can get support for the following issues:

- Academic issues
- Adjustment to post-secondary school setting
- Anxiety
- Bullying
- Career development
- Crisis
- Dependant care
- Depression
- Discrimination
- Drugs, alcohol, gaming, smoking
- Financial matters
- Grief & bereavement
- Harassment
- Home & family stress
- Medical health & resource referral
- Nutrition
- School stress
- Sexual issues
- Trauma

WHO IS ELIGIBLE?

All students for whom the access fee is paid, as well as any dependants enrolled in the Plan, can access Empower Me.

HOW CONFIDENTIAL IS THIS SERVICE?

Studentcare takes privacy and confidentiality extremely seriously, especially when it comes to matters of mental health. We have chosen to partner with the Aspiria because they share our values in this area.

WHAT IS THE MISSION OF EMPOWER ME?

Empower Me recognizes the value and importance of promoting, fostering, and maintaining the well-being of students. It strives to create expert health solutions that empower student organizations, aligning with its core values of responsiveness, caring, passion, dedication, ethics, and integrity.

STUDENTCARE

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