

**MY
SSP**

LifeWorks
Formerly Morneau Shepell

Health

- Stress
- Sadness
- Anxiety
- Wellness



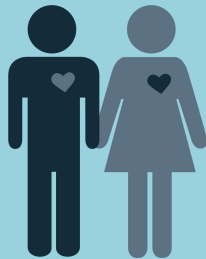
Living Away

- Loneliness
- Confidence
- Independence
- Time Management



Relationships

- Family
- Friends
- Communication
- New Cultures



Student Life

- Study Habits
- School-Life Balance
- Academic Stress
- Extracurricular Activities



We're here to help you succeed

Speak with an advisor/counselor 24/7

- Immediate support available by phone or chat
- On-going support by appointment available by phone or video


✓ **Free**

✓ **Confidential**

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Office of Care and Civility.