

I'm going through a tough time



# WECONNECT

powered by  Dialogue

**A student assistance program providing mental health and wellness services 24/7**



**New for Students in 2024-2025**



**In-person sessions:** 1-hour in-person mental health sessions can be booked through Dialogue's 24/7 Call Centre: 1-855-853-0565.



**Enhanced provider selection:** Select a professional who's right for you based on predetermined attributes such as language, gender identity, and specialty.



**Multilingual support:** Service is offered in more languages, including Hindi, Spanish, Italian, and more.



**Out-of-country service:** If you're temporarily outside of Canada, you can access a limited number of mental health coaching sessions while abroad.



**Women's health:** Consult services and professionals specializing in women's health, for topics such as sexual and reproductive health, pregnancy, postpartum care and parenting, and more.



**Wellness Program:** This new program helps students adopt a healthy lifestyle with features like a well-being score, activity challenges, an active minutes tracker, and more.

**Visit [www.morcare.ca](http://www.morcare.ca)  
or scan the QR to access**

