

Looking for mental health supports?



WECONNECT

powered by  Dialogue

24/7 mental health & wellness services

Easy, quick access to professionals with various domains of expertise, including mental health, family and relationships, career counselling, financial planning, and more

Appointments available in as little as 24 hours or the next day



Issues students can seek support for:



Stress



Psychosocial support for dependencies



Grief



Performance anxiety



Loss of motivation



Financial issues



Harassment



Work/school/family balance



Life coaching



Individual crisis intervention



2SLGBTQIA+ support



Depression



Family difficulties



Nutrition issues



Parental roles



Relationship difficulties
And more ...

Visit www.morcare.ca
or scan the QR to access



New for Students in 2024-2025 

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



For more information,
visit www.morcare.ca

In-person sessions

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

2 Enhanced provider selection + multilingual support

Select a professional who's right for you based on predetermined attributes such as language, gender identity, and specialty. Service is offered in more languages, including Hindi, Spanish, Italian, and more.

3 Out-of-country coaching service

If you're temporarily outside of Canada, you can access a limited number of mental health coaching sessions while abroad.

4 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.

5 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.