

CS: Self-Directed Supports -Stressful Academic & Life Situations

Version 1

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Stressful Academic & Life Situations

- **PTSD Coach:** The PTSD Coach Canada mobile app can help you learn about and manage symptoms that can occur after trauma.
- **Be Safe:** Create a digital safety plan and make decisions about seeking help in a crisis.
- **Happify:** Develop skills to address negative thought patterns, reduce anxiety and stress, build optimism and mindfulness, and gain confidence.