

Support is available

Published 2/24/2022 by [Stephanie Conte](#)

As we learn more about the developments taking place in Ukraine, please remember there are resources available to support you:

- Phone or video chat appointments with [Counselling & Accessibility](#) can be scheduled by emailing senecacnas@senecacollege.ca
- [Good2Talk](#): call 1.866.925.5454 or text GOOD2TALKON to 686868
- Mental Health Helpline: call 1.866.531.2600
- International students in Canada can access immediate crisis text / video counselling support through [MyWellness](#)
- Students outside of Canada can access counselling wherever you are located through the [keep.meSafe program](#)

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