

# WECONNECT

## Introducing WeConnect, your Student Mental Health & Wellness Program.

WeConnect provides post secondary students, and dependents, with short-term therapy, lifestyle counselling, courses, resources and events to improve mental and physical health. Access to clinical care services is simple and available on-demand, in-person and telephonic and all services are globally accessible to provide synergy at each campus for all domestic and international students. The program is designed to directly support the needs of international students who may not be in Canada. The program seeks to contribute to a resilient domestic and international student community by further augmenting existing on-campus mental health resources.

### » Short-Term Therapy Modeling

- Uncapped counselling sessions (no maximum), based on a short-term therapy model (clinically diagnosed by individual).
- The service is available to all eligible students and their dependents.
- Care is immediate by connecting with the intake team and there is no level of payment required.
- Student Member Access points for Intake:
  - Clinical Response Centre (CRC) via phone
  - Via Website
  - Via Livechat
  - Via Email
  - Via SMS/text
  - Via iConnectYou Mobile App

### » Wellness Product Features

- Short Term Therapy Counselling services available virtually, in-person (in accordance with governing Covid guidelines) and telephonic.
- Global technological reach via website.
- Mobile app (iConnectYou) available on Google Play and Apple iTunes.
- Services are available twenty-four (24) hours per day, seven (7) days per week.
- Counsellor diverse profile/ matching.

All counsellors must hold a recognized master's degree/diploma in counselling, psychology, social work with a license that is current and in good standing, have five years of experience and hold current membership of a professional association and be accountable to that association, such as Canadian Counselling and Psychotherapy Association (CCPA) or the Canadian Psychological Association (CPA).

### » Additional Program Enhancements

- LifeCoaching
- Wellness Coaching
- Aware Mindfulness program
- Computerized Cognitive Behavioural Therapy (cCBT)
- Legal Consulting: Free 30-minute consultation with a lawyer
- Financial Consulting: Free 1 hour consultation with a Professional Financial Advisor (PFA)

### » International Student Support

- International students can access the counselling services virtually, or in-person, while located in home country or travelling outside of Canada if required.
- Multilingual options offered by professionals.
- Multilingual support on website.



**Call or Text: 1-888-377-0002**  
or find more information through [www.wespeakstudent.com](http://www.wespeakstudent.com)

**WE SPEAK**  
STUDENT