

For stresses big and small, we're good to talk.



1.866.925.5454
or connect through 2-1-1

Post-Secondary Student Helpline

- Free, professional and confidential support for students in Ontario
- Counselling for anything you want to talk about:
 - Mental Health and Addictions
 - Relationships
 - Sexuality
 - Disability Supports
 - Academic and Health Services
 - Employment
 - Financial Stresses
 - Legal Concerns
- And much more – one place to call to find the services you need

When you're ready, we're here

24/7/365