

# If you need someone to listen, 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**