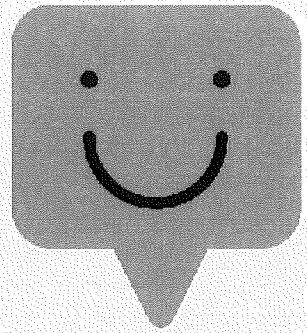


Welcome to Here2Talk

Here2Talk connects post-secondary students with mental health support when they need it. Through this program, all students currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, conveniently available 24/7 via app, phone and web.



We're here to talk

Our resources and professional counsellors can help you address common concerns such as:

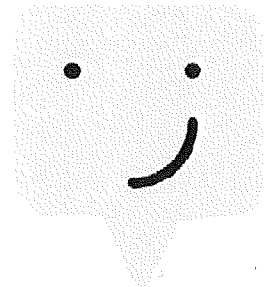
No issue is too big or too small

- Tensions with family members, friends, or instructors
- Feelings of isolation, loneliness or depression
- General stress and anxiety
- Frustration or uncertainty related to studies or post-grad plans
- Creating balance between personal and academic priorities
- Building better communication and time management skills
- Adapting to a new campus culture, learning style or city

...and much more! **Connect with a counsellor today; no appointment needed. All calls, chats, and conversations are strictly confidential.**

Protecting your privacy

Here2Talk is confidential, in keeping with Canada's privacy laws and regulations protecting personal identifiable and health-related information. Your family, friends, or professors, etc. will not know you used the program unless you choose to tell them.

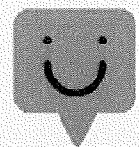


Privacy?

Here2Talk App

Accessing support through the free Here2Talk app!

Search Here2Talk on either the Apple App Store or Google Play Store and download the app. Browse health and wellness resources on the go, or start a live chat or call with a counsellor - no appointment needed!



Here2Talk