

# 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**