



My Student Support Program (My SSP)

Connect 24/7 for free, confidential mental health and wellbeing support for international and study abroad students.



 **LifeWorks**

We can help you anytime with:

- Adapting to new cultures
- Being successful at school
- Relationships with friends and family
- Stress, sadness, loneliness and more

My SSP offers:

- Confidential short-term professional counseling support at no additional cost to you
- Real-time and appointment-based support available
- Multiple languages available*
- Support available via live chat, telephone, and video sessions

The My SSP app and website offers many additional self-directed resources including:

- Videos, articles, podcasts, infographics
- Anonymous mental health assessments for depression, general anxiety, alcohol and drug use
- Free access to LIFT app for virtual fitness sessions

*24/7 support in English, Spanish, French, Mandarin, and Cantonese plus many other languages available upon request for appointment-based support

I was feeling so overwhelmed with everything I had to do this week as well as very homesick, and chatting with a counselor helped me to see how strong and brave I am and gave me strength to face the week ahead and finally be able to sleep in peace. Thank you! – a My SSP user

Contact My SSP 24/7

- Download the free [My SSP app](#) from your device's app store today



- Visit myssp.app
- Call [1-866-743-7732](tel:1-866-743-7732) (If calling from outside North America: [001-416-380-6578](tel:001-416-380-6578))