



STUDENT LIFELINE LAUNCH

BY: PAIGE RIDING

The students of the College of New Caledonia now have 24-hour access to a new support service known as Student LifeLine. The recently launched student assistance program provides counselling through a variety of platforms. The program, delivered by LifeWorks, Each consultation is confidential and available however the student deems appropriate. Phone calls, an app, texting, video chatting, and in-person counselling are methods of contacting professionals.

Counselling was and still is offered through the Health and Wellness Centre in Prince George. With this counselling only available during business hours, however, the newly introduced Student LifeLine is helpful for students struggling on weekends or during the night. Student counselling services are being expanded in the near future due to the efforts of the British Columbia Federation of Students (BCFS) and the College of New Caledonia Students' Union (CNC-SU). The BCFS and CNC SU pitched for a grant for this increased long-term counselling availability as well as the LifeLine support available.

Henry Reiser, CNC president, says "we're proud to support an initiative that expands the support resources available to CNC students." With the stresses of post-secondary, personal matters, mental health,

and financial concerns weighing on the shoulders of virtually every student on campus, this new service not only increases the number of students that can be helped but provides these services whenever they may be needed.

One excellent service that piqued my interest was the legal services offered by the LifeWorks Student Lifeline. For anybody who is having legal issues during the school year, you can use this service to talk to a professional who can give you certified legal advice. An exciting field of legal that I'm sure many students will be interested in is tenancy rights, an offered area for legal advice. Even just last semester, we have personally seen many students with legitimate worries revolving around finding a home during the semester. This makes it all the more exciting to have this service be offered to all students at the College of New Caledonia for the foreseeable future.

This service is offered to all students across all of the CNC campuses located across British Columbia. If you are ever in crisis or need someone to talk to, you can rely on the Student Lifeline to give you the support you need.