

ADVICE YOU CAN COUNT ON!

Student LifeLine is a confidential student resource program providing practical support to help you maintain a healthy balance between school and everyday life.

LIFE

Student Life, Legal, Relationships, Disability, Crisis, Traumatic Events

HEALTH

Mental Health, Addictions, Fitness, Nutrition, Sleep, Alternative Health

FAMILY

Couples, Parenting, Separation & Divorce, Older Relatives, Grief & Loss

MONEY

Saving, Investing, Managing Debt, Tenant Rights, Major Purchases

WORK

Work Relationships, Job Stress, Career Development, Managing People

Services include expert advice, counselling, consultations, community referrals, and access to online resources including articles, recordings, eBooks, toolkits, and more.



GET THE APP!

Take Student LifeLine with you, wherever you go. For anytime access to free, confidential support and resources, download the app for iOS or Android. Simply search for "LifeWorks" on the App Store or Google Play.



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