



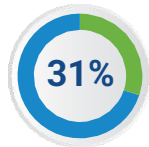
Mental Wellbeing Student Support Program

keep.meSAFE's innovative Student Support Program (SSP) helps students by promoting early intervention and 24/7 access to mental health support. We help students manage their mental health so they can fully participate in academic life and complete their studies. keep.meSAFE is the first support program to use linguistically and culturally matched licensed clinicians, providing your students a welcoming place where they are comfortable to seek help.

Did You Know?



50% of students have felt overwhelming anxiety, making it hard to succeed academically



31% of post-secondary students have felt so depressed that it was difficult to function

Program Features



Full integration with on-campus resources



Master's level counsellors experienced in supporting domestic and international students



Access to a counsellor who understands their culture in their preferred language



Immediate and fully confidential support 24/7, through chat and telephone, as well as ongoing support



Free My SSP app with direct access to counsellors and self directed multilingual resources



Outcomes based success measures to report on results

REAL PEOPLE. REAL SOLUTIONS. REAL LIFE.

If this is an emergency, please call 911 immediately.

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🌐 www.keepmesafe.org

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