

The **keep.meSAFE** Mental Wellness Support Program by **guard.me** provides multilingual, culturally sensitive, and gender-inclusive support.

Support is confidential and available anytime of the day or night from anywhere in the world!

Get to know the benefits of keep.meSAFE

- Unlimited real-time support
- Available anytime of the day or night
- Provides confidential access to mental health counsellors
- Free app with 100+ resources
- Get matched with a counsellor that meets your needs
- Support in 140+ languages with 5 languages guaranteed 24/7 (English, French, Spanish, Mandarin, Cantonese)
- Can be accessed from anywhere in the world

Get help with any school, health, or general life concern

- Managing stress
- Depression and anxiety
- Social isolation
- Homesickness
- Mental health issues
- Coping with trauma
- Family challenges
- Academic issues
- And much more!



Access Support



Call anytime from anywhere in the world.

Within Canada & USA **1-844-451-9700**

Outside of Canada & USA **+1-416-380-6578**



Chat from anywhere at anytime.

Chat is available in 4 languages (English, French, Spanish, Simplified Chinese)

Download the **Student Support app** or visit **keepmesafe.org** to start chatting



Give and get support from peers.

Access our student only peer to peer community through the Student Support app in 25+ languages.



Access 100+ resources.

Access mental health assessments, virtual fitness, articles, videos and more in multiple languages through the Student Support app or keepmesafe.org

Get set-up with the Student Support app:

Easiest way to access support.



- 1 Download the **TELUS Health Student Support App** by scanning the QR code



- 2 Complete your personal profile and select your app language

- 3 Enable important app notifications

