

HERE2TALK

Alexander College students can access free, 24/7 single session mental health support through phone or chat with Here2Talk.



CONFIDENTIAL

Here2Talk is a confidential service. No one - including family, friends, or instructors- will know you've accessed these resources.



24/7 CALL OR CHAT

Here2Talk is available 24/7. You can reach a clinical counsellor through App or phone any time of the day, from anywhere in the world.



IMMEDIATE

You don't need to book an appointment. You can just use the App, call or use the website to reach a counsellor very quickly.



MULTIPLE LANGUAGES

You can request counselling and support in multiple languages, including French, Mandarin, Cantonese, Punjabi, Spanish, Arabic and more.



WHAT CAN I TALK ABOUT?

- Relationship Concerns
- Isolation
- Anxiety
- Communication Skills
- Homesickness
- Loneliness
- Depression
- Stress
- Time Management
- Balancing Work & Life

HOW DOES IT WORK?

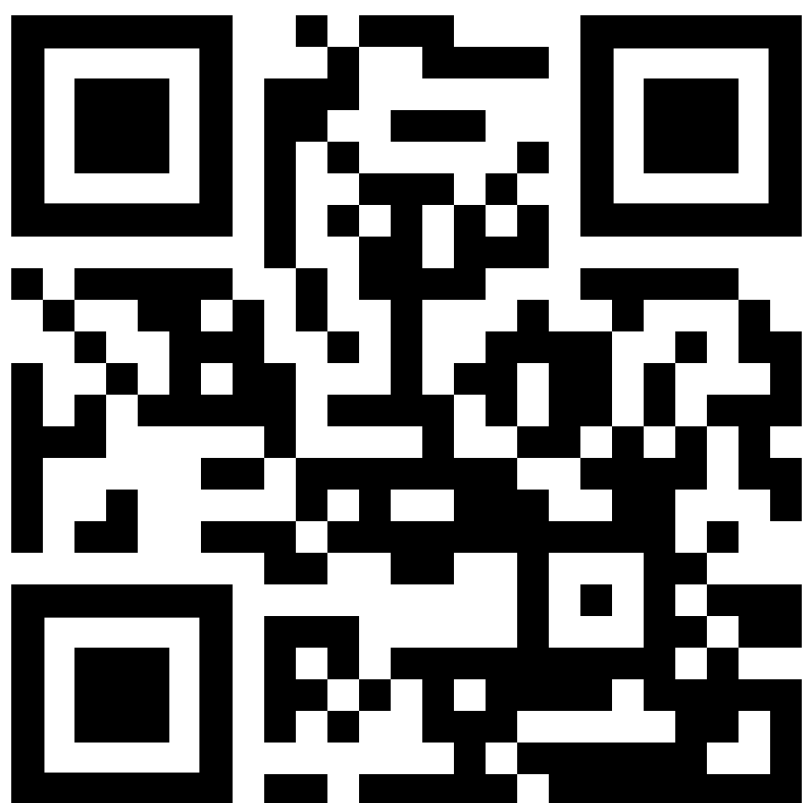
1. You can talk to a counsellor either through phone or chat.
2. Your call/chat will be answered by a clinical care representative, who will ask you some basic information about your identity and your needs. Your personal information will not be shared with Alexander College.
3. You will be transferred to a clinical counsellor.



HOW TO GET STARTED?

You can access support in one of the following ways:

1. Download the free here2talk App on the Apple store or Google Play store.
2. Call 1-877-857-3397 or 604-642-5212.
3. Visit <http://www.here2talk.ca> to chat with a counsellor online or browse student related resources.



For more information, visit the website at <http://www.here2talk.ca> or scan the QR code.