

WECONNECT

Student Assistance Program



What do we do?

WECONNECT



We provide **free, confidential,** health services and counselling for students.

1-888-377-0002

24 hours a day anywhere in North America

Why Access the SAP?

WECONNECT

All of us experience personal problems, health concerns or pressures at one time or another. When these issues begin to interfere with our daily lives, it can become distracting and the issues can feel overwhelming.

We are here to help.

Aspiria's programs are designed to assist students and their dependent family members with life's challenges affecting personal happiness, family life, performance at school and physical & mental health.

Our SAP Intake Care Specialists are...

Trained and Experienced in:

- Active listening
- Asking the right questions
- Gathering information
- Helping to decide the best course of action and support for you.

Who can use the services?

- Students
- Their spouse or partner
- Their children under 25
(or still dependent)

Privacy and Confidentiality.

The background of the slide features a network diagram. It consists of several white silhouette icons of people, each enclosed in a dashed white oval. These icons are interconnected by a series of dashed white lines, forming a web-like structure. In the center of this network is a large, white padlock icon, which is also enclosed in a dashed white oval. The entire graphic is set against a warm, golden-brown gradient background.

All information is kept secure and is never shared without your consent except where we are required by law.

Confidentiality is vital at WeConnect

What you can expect?

One Nurse. Period.

Each caller is assigned their own Nurse for the full lifecycle of their service experience. In the event of any future cases, you simply call that same Nurse, and the cycle begins again. Each Nurse has his/her clients' full case histories at their fingertips.

1-888-377-0002

24 hours a day anywhere in North America

Services:

- ✓ Professional Counselling
 - In-Person
 - Over the Phone
 - E-Counselling
 - iCBT
- ✓ Elder & Childcare Support
- ✓ Financial Support Services
- ✓ Legal Support
- ✓ Crisis & Trauma Support
- ✓ Health Coaching

Aspiria

Powered by  snapclarity

Counselling Support:

Languages



- 24x7 live answer English/French. Counselling in 100+ languages as well as language line

Time of day



- 24x7 live answer. In-person counselling available on evenings and weekends (in addition to business hours)

Culture & Diversity



- We always consider the plan member's care characteristics including spiritual, cultural, race, language disability, gender, and sexual orientation and properly match counsellors to achieve the best outcome

Counselling Support:

- More than 3500 counsellors, across all geographies (urban, rural, remote)
- **All** counselling modalities are supported (in-person, phone, video/virtual)
 - **Plan member choice**
 - **90% of students members choose in person**
 - **Clinically appropriate number of sessions to support short-term solution focused approach**

Aspiria's Standard:

- **Crisis provided in-the-moment**
- **Urgent Cases – counselling within 24 to 72hrs**
- **Everything else - counselling within 5 business days**

Legal Advice

WECONNECT

Legal advice in areas such as:

- Family law
- Wills
- Bankruptcy
- Estate planning
- Real estate



Discounts are offered for other services if any are required

(i.e. document preparation and/or representation in court)

Initial half-hour is free

Aspiria
Powered by  snapclarity

Financial Coaching

Access in areas such as:

- Budgeting
- Financial planning
- Income tax
- Credit support
- Real estate
- Debt management
- Retirement planning



Health Coaching



- Individualized, phone based coaching to help clients achieve their optimal wellbeing.
- Nutrition counselling, smoking cessation, mindfulness and other health related goals
- Learn to overcome perceived obstacles, set concrete goals, and realize your potential.

SAP Portal – Access WeConnect at WeSpeakStudent.com


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Online And Distance Learning In Canada

Virtual studies may be the right option for you



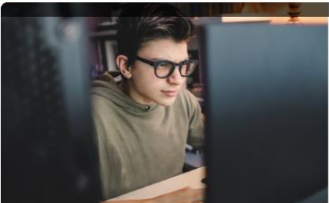
Need Help?

Connect with a qualified counsellor today

1-888-377-0002
24/7 Toll-Free Support


Service Request
Online Request Form

Articles




Budgeting For Student Life

Creating a budget can help you manage your money.




Featured Study Programs In Canada


Here's some of Canada's featured study programs





Universities in Canada


Canada is one of the world's top destinations for a university education


**Prepare Your Budget to Study in Canada**
It's a good idea to budget for the costs of studying abroad

**Social Media Use and Mental Health**
This resource discusses tips on healthy social media use


**Colleges And Vocational Schools In Canada**
Our schools offer countless ways for you to gain experience

**Five Tips for Tackling Changes to Your School/Work Routine**
Helpful tips used to help adjust to this new normal

**Language Schools in Canada**
Canadian language schools offer consistent standards

**Graduate Studies in Canada**
Transform your future with a graduate degree

Media



Welcome to your Marketplace!

Enjoy discounts, rewards and perks on thousands of the brands you love.

[START SAVING NOW!](#)

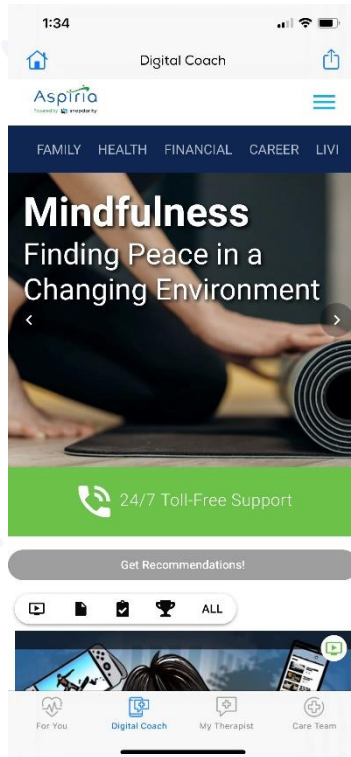
Do you or a loved one suffer from depression?
Learn about the causes, symptoms and available treatments.

Concerned about your drinking habits?
Learn more about alcohol abuse on college campuses.

Hot Topics

[Mindfulness](#) [Emotional Wellbeing](#) [Wellbeing](#) [Depression](#) [Cyberbullying](#)

Aspiria Mobile App – powered by Snapclarity



- Quality mental health care anytime, anywhere
- Immediate access to counsellors and health care professionals
- Online mental health assessment
- Health & wellness resources

To access the Aspiria-powered by Snapclarity mobile app, search for Aspiria in the Apple App Store or Google Play.