

Mental Health & Wellness

# Empower Me

in partnership with



## Mental health resources for students

Studentcare’s Empower Me is a mental health and wellness service available to students 24/7, 365 days a year. It offers easily accessible, fully confidential counselling designed to support existing on-campus mental health resources.

Empower Me connects students to professionals with various domains of expertise, including mental health, family and relationships, career counselling, financial planning, and more.

Dedicated to promoting and maintaining students’ well-being, the program strives to develop solutions to contribute to a resilient student community, in accordance with its core values of responsiveness, caring, ethics, and integrity.



## Our partnership

Empower Me provides mental health and wellness services to students through Dialogue’s virtual platform, which is available via the web or a mobile application they can download. Unlimited access to the following is available:

- » **Easy, quick access** to licensed professionals, with 24/7 intake available in English and French
- » Appointments available in as little as **24 hours** or the next day, at times that are convenient for students
- » **Immediate access** to clinicians for **crisis situations**
- » Live **virtual coaching** to support students wherever works for them
- » **Continuity of care** with the option to continue with the same counsellor, and follow-ups after each session within the same care plan



## Issues students can seek support for

- Stress
- Psychosocial support for dependencies
- Mourning
- Performance anxiety
- Life coaching
- Individual crisis intervention
- LGBTQ+ services
- Depression
- Loss of motivation
- Financial issues (2 hours per case)
- Harassment
- Work/school/family balance
- Family difficulties
- Nutrition issues
- Parental roles
- Relationship difficulties
- and more...

### How it works

Empower Me works with on-campus student health services to ensure that students receive the care that's best for them. This complementary approach provides students with a variety of options to address their concerns, on and off campus.

- » **8-session model:** There is a maximum of 8 sessions per case, for an unlimited number of cases.

The first session is 60 minutes and the subsequent sessions are 30 minutes.

### Confidential service

Studentcare takes privacy and confidentiality extremely seriously, especially when it comes to matters of mental health. We have chosen to partner with Dialogue because they share our values in this area. Confidentiality is the cornerstone of their service vision. The mental health professionals employed by Dialogue adhere to a strict code of ethics and are accountable to their respective professional associations.