

# TELUS HEALTH FOR STUDENTS

Telus Health Student Support app is available to UCCS students, offering free online mental health counseling and support resources. The Student Support app offers virtual, chat, and call options to connect students with counseling services, anytime, anywhere.

Telus Health Student Support app connects you to free, confidential mental health and wellbeing support, with options of using the Telus Health Student Support app, telephone, or web.



## TWO WAYS TO ACCESS:

### 1 DOWNLOADING THE FREE TELUS HEALTH STUDENT SUPPORT APP

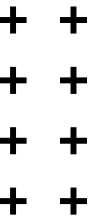


### 2 VISITING THE WEBSITE MYSSP.APP



### 24/7 REAL-TIME SUPPORT

Confidential support from professional counselors, addressing anything from crisis to everyday concerns, available night and day via phone and online/app chat.



### EXPERIENCED PROFESSIONALS

Professionally trained, multi-lingual\* counselors with experience dealing with the challenges faced by students.

*\*My SSP has counselors available 24/7 who speak Spanish, Mandarin, Cantonese, French, and English. For other language preferences, students may request to be set up with a counselor who speaks that language (by appointment, depending on availability).*



### ON DEMAND SUPPORT

Real-time, single session chat and phone support available, no appointment necessary.



### MATCH WITH A PROFESSIONAL COUNSELOR

Short term scheduled support is also available via telephone and video.



### NO EXTRA COST

Access at no additional charge for students enrolled at UCCS.



CARE Team

UNIVERSITY OF COLORADO  
COLORADO SPRINGS



Wellness Center

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