EMPOWER ME
BY STUDENTCARE

Because we believe in supporting healthy student minds and bodies

24/7 accessible counselling services to empower you to thrive

Connect with Empower Me

- By calling 1 844 741-6389 (toll-free) from anywhere in North America, students will be directly connected to the Empower Me Clinical Response Center.
- By visiting www.studentcare.ca
- By downloading additional Empower Me student assistance tools through the iAspira mobile app

Empower Me is accessible 24/7, 365 days a year.

What does Empower Me Offer?
This multilingual, culturally sensitive, and gender- and faith-inclusive service is built around a short-term, solution-focused counselling model. You are entitled to sessions delivered in person, by telephone, by video-counselling, or by e-counselling. You also have access to a full suite of Student Life services that provide support on topics like finance, nutrition, daily living, etc.

Do I have to pay to use Empower Me?
The cost of the service is included in your student Health Plan fee, so you do not have to pay any additional fees to use Empower Me.
Can I only use Empower Me if I am in crisis?

You don’t need to be in a crisis in order to take advantage of Empower Me’s services. For example, you could speak to a life coach about subjects like personal performance, well-being and growth, career, relationships, and finances.

**Services & support:**

No issues are too big or too small. Request support in multiple languages for:

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<th>Relationships</th>
<th>Pressure &amp; stress</th>
<th>Educational conflict</th>
<th>Financial</th>
<th>Nutrition</th>
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<td>.Study</td>
<td>.With professors/TAs</td>
<td>.Retirement planning</td>
<td>.Weight management</td>
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<td>.Dating</td>
<td>.Adjusting to life in Canada (for international students)</td>
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<td>.Termination</td>
<td>.Cholesterol</td>
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<td>.Domestic violence</td>
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**Family care**

- Child (e.g. Dependent care, day care, in-home support, schooling, after-school programs)
- Caregiver of children and elderly
- Elderly (e.g. In-home support, alternative living arrangements, community resources, companionship)
- Custody

**Depression & anxiety**

- Mild to severe emotional problems
- Crisis
- Suicidal ideation
- Anger
- Medical resources
- Grief and mourning of a death.

**Addictions**

- Mild substance abuse to severe addiction
- Alcohol
- Drugs
- Gambling
- Internet
- Sexual
- Smoking

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**Powered by Aspiria**

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