

SOCIAL MEDIA – EMPOWER ME

Need to talk? Empower Me is a mental health and well-being support service 🧘 available to you 24/7/365. Whenever you're ready, we're here to listen.

👉 More info at www.studentcare.ca.



**NEED TO
TALK?**

**You talk.
We listen.**

24/7 Support Services

1-833-628-5589

**EMPOWER
ME**



STUDENTCARE.CA

If you're concerned about something, Empower Me can help. 🙌

No matter the time or day, we're here for you. 🧑🏻‍🤝‍🧑🏻

👉 Learn more at www.studentcare.ca.

SOMETHING ON YOUR MIND?

No issue is too big
or too small.

Emotions
Finances
Relationships
Family

Addictions
Stress
Nutrition
And more!

**EMPOWER
ME**

STUDENTCARE.CA

Have you heard about Empower Me? 🤔 It's a mental health support service 🧠 available 24/7/365 to help you.

👉 Call 1-833-628-5589 from anywhere in Canada 🇨🇦.



EMPOWER ME

No problem is too big
or too small.

We're here whenever
you need us.

24/7 Support Services

1-833-628-5589



It's normal to be stressed 🧑 during exam periods 📝, but sometimes it becomes a bit overwhelming. 🧑

Empower Me can help.

👉 Call 1-833-628-5589. Details available at www.studentcare.ca.

A large green geometric shape, resembling a stylized 'V' or a corner, with a lighter green inner section and a darker green outer section, set against a background of small grey dots.

ANXIOUS ABOUT EXAMS?

Let's talk about it.

24/7 Support Services

1-833-628-5589

**EMPOWER
ME**

A large orange circular graphic, resembling a stylized 'C' or a partial circle, with a lighter orange inner section and a darker orange outer section, set against a background of small grey dots.

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Seasons passing and you're still waiting to get an appointment with a psychologist?

Say hello to Empower Me! A flexible and confidential 🧠 mental health and well-being support service (consultations in person, by telephone, or via videoconference). 📱

👉 Visit www.studentcare.ca for more info.



**EMPOWER
ME**

In person, by telephone,
or via videoconference...

And always **confidential**

24/7 Support Services

1-833-628-5589

