GuardMe™ STUDENT SUPPORT PROGRAM

Thrive with the GuardMe Student Support Program. Your Well-being Matters!

Elevate your student experience! Get confidential support, resources, and a community that understands. Embrace your well-being!

Support is available anytime of the day or night from anywhere in the world!

Get to know the benefits of GMSSP

- Unlimited real-time support
- Scheduled appointments
- Peer support community
- Confidential access to counsellors
- Campus and community resource referrals
- Free app with 100+ resources
- Match with a counsellor that meets your needs
- Support in 140+ languages

Get help with any school, health, or general life concern

- Managing stress
- Depression and anxiety
- Social isolation
- Homesickness
- Mental health issues
- Coping with trauma
- Family challenges
- Academic issues
- And much more!

Access Support

Easiest ways to access support.

1. Chat by downloading the **Student Support App.** Scan QR code.
2. Call anytime from anywhere in the world
   - Within Canada & USA 1-844-451-9700
   - Outside of Canada & USA +1-416-380-6578
3. Visit **gmssp.org**

TELUS