



Empower Me

Powered by **Dialogue**

A student assistance program providing mental health and wellness services 24/7

For eligibility details, visit www.studentcare.ca.

Empower Me has a number of professionals with various domains of expertise to support you and respond effectively to diverse needs.

This service offers online registration and appointments. Consultations are offered in many languages and can be done via video calls through Dialogue's platform, ensuring confidentiality and flexibility.

You can also book an appointment for one-hour in-person sessions through Dialogue's 24/7 bilingual Call Centre by calling 1-855-853-0565.

The benefits

- Easy, quick access to professionals with various domains of expertise, including mental health, family and relationships, career counselling, financial planning, and more
- Appointments available in as little as 24 hours or the next day
- Immediate access to clinicians for crisis situations
- Live virtual consultations
- Continuity of care with the option to continue with the same counsellor
- Mental health coaching service for students temporarily outside of Canada
- Interactive self-help training (through internet-based cognitive behavioural therapy)
- Support for women-specific health concerns
- A wellness program to help you adopt healthy lifestyle changes

Services included through Empower Me

Get support for issues of any kind, such as:



Mental health:
Talk to mental health specialists about what's on your mind.



Career & work:
Get advice on career planning, CVs, and recommendation letters.



Family & Relationships:
Ask for help if you are experiencing difficulties or conflicts with your family or relationships.



Finances: talk to a financial planner to find out more about managing a budget, debts, savings, etc.



Nutrition:
get nutritional advice from a team of registered dietitians.

Get started



Download the **Dialogue mobile app** from the **Apple App Store** or **Google Play**

OR

Scan the QR code to create your account today



Studentcare is becoming

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♥ Dialogue