

Supports for Fleming Students

Make your safety a priority



1

Real Campus

REAL Campus is a benefits program for students. At REAL Campus you can access benefits under the following areas, "Speak to a therapist", "Speak to a counsellor" and "Speak to a doctor". Check it out! All student registered in the Student Health Plan are eligible to access REAL Campus powered by Maple follow the link to at realcampus.ca



2

Good 2 Talk

Ontario's 24/7 helpline for postsecondary students. 1 866 925 5454 or text GOOD2TALKON to 686868



3

MORCARE for International Students

OHIP ALTERNATIVE INSURANCE (Health coverage in Canada) The International Student plan provides coverage for medically necessary hospital and medical services for you, and your eligible dependents. www.morcare.ca



4

CONNEX 1-866 -531-2600

Connex Ontario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. Our system navigation and information service is liveanswer 24/7, confidential, and free.



5

Bounce Back

Bounce Back is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness. To submit an online referral, go to www.bouncebackontario.ca, or access the online videos at www.bouncebackvideo.ca



6

Togetherall

Get support. Take control. Feel better. An online peer-to-peer support community for your mental health. www.togetherall.com