



# Supports for Fleming Students



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## We Speak Student

As an eligible student at Fleming College, you have access to compassionate and confidential support for your health and wellness through WeConnect. WeConnect offers short term therapy to students and their eligible dependents. Access is available 24/7 by phone or virtual resources, worldwide. Care is immediate by connecting with the intake team and there is no level of payment required.

### How to access:

Go to [wespeakstudent.com](http://wespeakstudent.com). Once on the Fleming home page there is a WeConnect tile with the institution/access code "FLEMING". Simply click on this tile & it will take you to the site. There you create your account by using the code to begin creating your personal account.

OR

You can also go directly to [studentlife.mylifeexpert.com/login/fleming\\_college](http://studentlife.mylifeexpert.com/login/fleming_college) and create your personal account there or log into your pre-existing account once created and you are a returning user.



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## Good 2 Talk

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



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## 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](http://www.morcare.ca)



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## Connex 1-866-531-2600

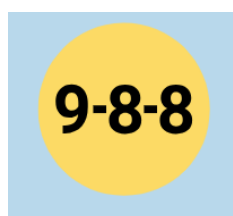
Connex Ontario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. Our system navigation and information service are live answer 24/7, confidential, and free.



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## 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](http://www.bouncebackontario.ca) or access the online videos at [www.bouncebackvideo.ca](http://www.bouncebackvideo.ca)



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## 9-8-8 Crisis Line

People across Canada can call and text 9-8-8, for help when they need it most. The service offers trauma-informed and culturally affirming support to anyone who is in crisis or thinking of suicide, or who is worried about someone they know. [988.ca](http://988.ca)