

Support available for our current students.



Carepath offers a comprehensive support program to promote prevention and early intervention for mental health issues. If you are struggling and need support, you can call Carepath's support line during the day or access online resources 24 hours a day, 7 days a week. Many service options are available for you to access timely and confidential support, including counselling and tools and resources that you can access from your mobile device or computer. Counselling services are provided by registered mental health professionals with master's level training or higher and are available in over 300 languages. These services and resources are available for all active AU students if needed as part of your wellness support program.

When you need more in-depth help, we can help you link with that too.

Many people find it hard to reach out for help. We understand. We also know that most people feel better after having a conversation or two about their concerns.

We can help with:

- Emotional distress
- Anxiety or mood problems
- Grief
- Trauma
- School life/stress
- Relationship problems
- Substance use concerns
- Guidance for school/study related issues

Important Information to Consider

- Before signing up, please have your student ID and course name ready for registration.
- If you need to cancel or rebook your appointment, please give 24 hours notice. This is to be respectful of other learner's time as well as the mental health professional who is providing you support.
- Using appropriate language is important. It is not okay to threaten, yell or abuse support members.

If you have any questions about this service or wish to provide comments or feedback, please email: healthandwellness@athabascau.ca

Please note that Carepath is not an emergency service. If you are experiencing an emergency, please:

- Call 911,
- Go to your nearest Hospital Emergency Department,
- Call Canada Suicide Prevention Service, 1-833-456-4566