

# Support available for current students



FSEAP offers a comprehensive support program to promote prevention and early intervention for mental health concerns. If you are struggling and need support, you can book a counselling appointment with a counsellor or access the 24/7 online wellness resources.

A range of confidential services is available to ensure timely support, including counselling and online digital wellness tools and resources. Counselling is delivered by registered, master's-level (or higher) mental health professionals and is offered in over 200 languages. Services are available to active AU students as part of the wellness support program.

When you need more in-depth support, we can refer you to appropriate community-based services.

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 offer support for a wide range of concerns, including but not limited to:

- 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.

Please provide at least 24 hours' notice to cancel or reschedule your appointment, to respect the time of other learners and the mental health professional supporting you.

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](mailto:healthandwellness@athabascau.ca)

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

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

