

# Talking about it, it feels good...

That's what your student assistance program is for.

Tools to support and advise you on everyday problems and concerns.

More details right here



## Why an assistance program?

Get support, consultation and access to resources on a wide range of topics:

- Study-related stress
- Relationship problems
- Traumatic events
- Anxiety
- Budget organization
- Nutrition
- Legal issues
- Dependencies
- And more



**Psychological support**

8 consultations / academic year



**Nutrition consultation**

60 min. / problem\*



**Legal support**

60 min. / problem\*



**Budget organization**

60 min. / problem\*

\*per academic year

## Register via the Telus Health mobile application

student@majorplan.ca  
1-877-976-2567

[planmajor.ca/en/sap-uqtr](https://planmajor.ca/en/sap-uqtr)