Your Plan administrator, ASEQ | Studentcare, has compiled some important information and resources on COVID-19 and your student coverage to provide you with support and up-to-date information during this time.

**STUDENT PLAN FAQ**

An FAQ for your Plan, addressing commonly asked questions about coverage during the pandemic, is available at [www.studentcare.ca](http://www.studentcare.ca) or [www.aseq.ca](http://www.aseq.ca).

Despite disruptions to in-person medical services, you can still use a number of your Plan benefits through virtual sessions with health practitioners. See the FAQ for details.

Please check back often—the FAQ will be continually updated as we monitor the situation.

**HELPFUL RESOURCES ON COVID-19**

Information on the status of the outbreak in Canada, symptoms, preventive measures, travel advisories, and more:

- Government of Canada

International updates:

- World Health Organization

Information for travellers and Canadians abroad:

- Global Affairs Canada

Information for your province:

- Government of British Columbia
- Government of Alberta
- Government of Saskatchewan
- Government of Manitoba
- Government of Ontario
- Government of Quebec
PROVINCIAL TELEMEDICINE

Students in some provinces have access to free health services online or by phone. Find out more here:

**British Columbia:**
- Doctor Network
- HealthLink BC 8-1-1

**Alberta:**
- 811 Health Link

**Saskatchewan:**
- HealthLine 8-1-1

**Manitoba:**
- Health Links - Info Santé

**Ontario:**
- Ontario Telemedicine Network
- Telehealth Ontario

**Quebec:**
- Info-Santé 811

MENTAL HEALTH RESOURCES

You may be able to find resources to support your mental health during the pandemic:

- at your student Plan website at [www.studentcare.ca](http://www.studentcare.ca) / [www.aseq.ca](http://www.aseq.ca).

  Check what your Plan may have to offer in psychology coverage and other mental health services.

- through health and counselling services offered by your academic institution, where available

- through national programs:
  - Wellness Together Canada
  - Kids Help Line
  - Crisis Service Canada
  - National Suicide Prevention Lifeline (1-800-273-8255 | 24/7)
  - First Nations and Inuit Hope for Wellness Help Line (1-855-242-3310 | 24/7)
  - Naseeha Youth Helpline (1-866-627-3342 | 9 am – 6 pm PST)
through your provincial health services:

**British Colombia:**
- Here2Talk
- HeretoHelp
- Canadian Mental Health Association
- BounceBack

**Alberta:**
- Alberta 211
- Access Mental Health
- Distress Centre (403-266-HELP | 24/7)
- BounceBack
- Big White Wall

**Saskatchewan:**
- Professional Health Advice and Mental Health Support 8-1-1

**Manitoba:**
- Canadian Mental Health Association (204-775-6442)
- Mobile Crisis Line (204-940-1781 | 24/7)
- Klinic Crisis Line (204-786-8686 | 24/7)
- Kids Help Phone (1-800-668-6868 or text CONNECT to 686868 | 24/7)
- BounceBack
- Big White Wall
- Talk4healing (1-855-554-HEAL | 24/7)

**Ontario:**
- Good2talk (1-866-935-5454 or text GOOD2TALKON to 686868 | 24/7)
- ConnexOntario (1-866-531-2600 | 24/7)
- Talk4healing (1-855-554-HEAL | 24/7)

**Québec:**
- Revivre (1-866-738-4873 | Mon. – Fri. 9 am to 5 pm)
- Centre d’écoute et de référence multi-écoute (514 737-3604 | Mon. – Fri. 9 am to 12 pm and 1 pm to 5 pm)
- Écoute Entraide (514 278-2130 | every day, 8 am to 10 pm)
- Centre pour les victimes d’agressions sexuelles de Montréal (1-888-933-9007 | 24/7)
- Inter-Ligne (1-888-505-1010 | 24/7)
- Tel-Aînés (514-353-2463 | every day, 10 am to 10 pm)
- Tel-Jeunes (1-800-263-2266, text 514-600-1002 | 24/7)
- Ligne Parents (1-800-361-5085 | 24/7)