



# Empower Me

Powered by Dialogue

## A student assistance program providing mental health and wellness services 24/7

For eligibility details, visit [www.studentcare.ca](http://www.studentcare.ca).

### What does Empower Me offer?

- » Easy, quick access to professionals with various domains of expertise, including mental health, family and relationships, career counselling, financial planning, and more
- » Appointments available in as little as 24 hours or the next day
- » **In-person sessions:** 1-hour in-person mental health sessions can be booked through Dialogue's 24/7 Call Centre: 1-855-853-0565
- » **Enhanced provider selection:** Select a professional who's right for you based on predetermined attributes such as language, gender identity, and specialty.
- » **Multilingual support:** Service is offered in more languages, including Hindi, Spanish, Italian, and more.
- » **Out-of-country service:** If you're temporarily outside of Canada, you can access a limited number of mental health coaching sessions while abroad.
- » **Women's health:** Consult services and professionals specializing in women's health, for topics such as sexual and reproductive health, pregnancy, postpartum care and parenting, and more.
- » **Wellness Program:** This new program helps students adopt a healthy lifestyle with features like a well-being score, activity challenges, an active minutes tracker, and more.

Discover  
these NEW  
features

# What can Empower Me help with?

Get support for issues of any kind, such as:



Stress



Psychosocial  
support for  
dependencies



Grief



Performance  
anxiety



Life  
coaching



Individual  
crisis  
intervention



2SLGBTQIA+  
support



Depression



Nutrition  
issues



Work/school/family  
balance



Loss of  
motivation



Relationship  
difficulties

and more...

## Get started



Download the Dialogue mobile app from  
the **Apple App Store** or **Google Play**

OR

Scan the QR code  
to create your  
account today

