



# I.M. Well

**65% of Canadian students** report feeling anxious at school and wanting support for their mental health.



#### Not feeling up to physically going anywhere?

Students can video call their counsellors right from their room.



#### Don't need to speak to a counsellor, but want to make self care more of a priority?

Inside the I.M. Well app is a goal tracker, mood log and wellness library to keep students dialed into their own mental health journey.



#### Can't speak out loud about the issue?

A student can use live chat to connect with a counsellor.



#### Not sure what is available on campus?

I.M. Well counsellors are equipped with knowledge of the school, resources available in the area to help students have warm transfers to existing resources.



#### Busy schedule and needs help at night time?

I.M. Well counsellors are available 24/7.



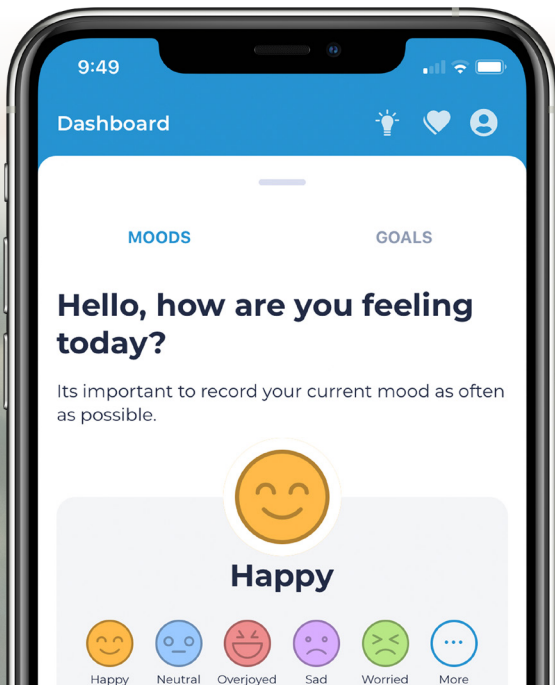
#### English isn't the language they feel comfortable speaking in?

Interpreters and multilingual counsellors are available providing support for over 240 languages.



#### What if I prefer a face-to-face experience?

The I.M. Well program can connect students to counsellors in their area that they can meet in person if that is preferred.



## 1-877-55-IMWELL

Call (1-877-554-6935)

for free anytime mental health services

#### Mobile App includes:



Connect



24/7/365



Online Access



Live Chat