

What is

I.M. Well

We provide free, confidential, mental health services and counselling for students.

I.M. Well is a program that does all the confusing and complicated work for you. Simply call in or use the live chat, and a counsellor will set you up with the appropriate resource. They can set-up in person meetings, calls from home, video calls, and so many more options. It is flexible to what is best for a student – all you have to do is reach out and we will handle the rest.

It is completely free for all students, their families and alumni.

All of us experience personal problems, health concerns or pressures at one time or another. This is especially true for students! When these issues begin to interfere with their daily lives, it can become distracting and the issues can feel overwhelming. A little bit of stress can snowball into something serious which is why preventative care is essential. The I.M. Well Program is designed to give students a place to check in on their own well-being, and prevent crisis situations. A little bit of stress can snowball.

No problem is too big or too small. Students are encouraged to use I.M. Well for a range of personal, social and academic reasons including but not limited to:

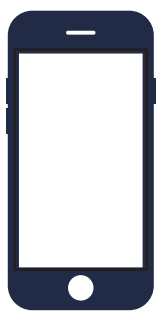
- Crisis
- Anxiety
- Transition
- Financial
- Academic
- Stress
- Nutrition
- Culture Shock
- Relationships
- Family
- Legal
- Addiction
- Life Coaching

LIVE CHAT AVAILABLE 24/7



- Single-click call to Student Assistance Program available 24/7
- Real-time interpreter services in over 240 language
- Convenient, fast response times
- Receive help without needing to vocalize
- Low barrier of entry

INTERACTIVE MOOD TRACKER



Track the correlation between activity and mood through the daily mood and activity tracking feature.

- Create custom moods and activities to support accurate data collection.
- Export and send mood log to a counsellor, physician or other health care provider
- Review trends in easy-to-read graphs

PRIVACY

All information between students and counsellors is kept secure and is never shared without your consent except where we are required by law. This means students can safely tell their story and experiences without fear. Confidentiality is vital at the I.M. Well Program.



STUDENT ASSISTANCE PROGRAM

Built seamlessly into the I.M. Well app is a 24/7 Student Assistance Program (SAP), powered by Aspria. Counselling is available with real time translation in 240 languages.

TYPES OF COUNSELLING:



Web



Email



Telephone



In-Person



Video



LEGAL ADVICE

- Landlord issues, renting advice
- Know your rights

...and more



FINANCIAL COACHING

- Budgeting
- Financial Planning
- Income Tax
- Debt Management



HOW TO GET HELP

Being a student is stressful and comes with unique issues and challenges to overcome. If anyone ever needs help from a professional, or is dealing with a lot of stress recommending them to the I.M. Well Program is a great way to get them the help they need. Often times, students will rely on their support systems and mentors for guidance and recommendations on where to turn. This is your opportunity to direct them to a program that can benefit a student in distress.

You don't need to wait for a crisis to speak to someone. A little bit of stress can turn severe if left unchecked for too long. Speaking to a counsellor does not need to be the last resort – it can be a stop along the way to have someone to hear your side of a story! There is ALWAYS someone to talk to, and hear you out.

Mental health doesn't follow business hours – often time students need help late at night, and traditionally don't have many options for care. I.M. Well changes that.

The I.M. Well app is available on any smartphone's app store. The app has all the services I.M. Well has to offer in one convenient location. To use the app they must download it from the Google Play Store or Apple App Store and then register for an account with a username, email and password. Once registered, they will automatically be signed in and have access to everything available on the I.M. Well program.

If they do not have a smart phone or just want to speak to someone immediately, they can simply dial the number **1-877-55-IMWELL** and they will be immediately connected to a counsellor who can direct them appropriately. They can also visit a custom Student VIP website where all the services are accessible. They will be able to request a counsellor, access tips and advice on mental health, and reach out for financial or legal assistance.

COMMON QUESTIONS



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



Connect



24/7/365



Online Access



Live Chat



Mobile App