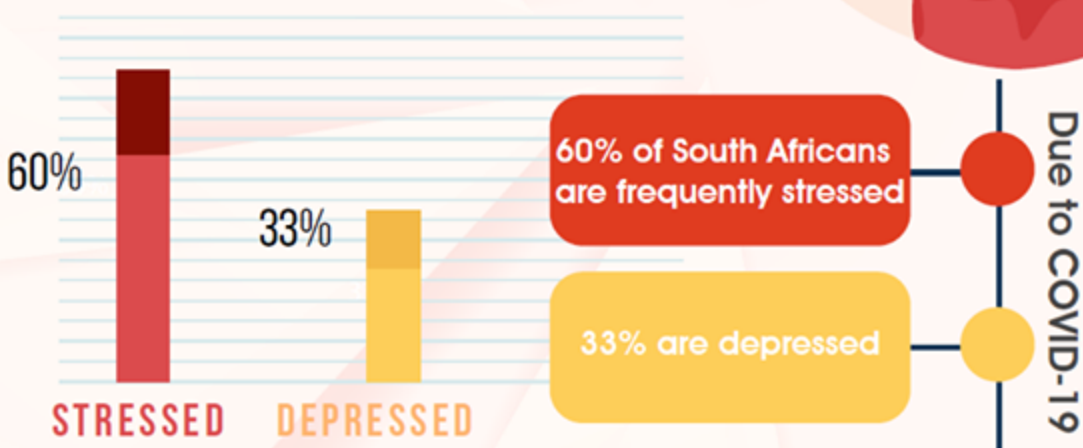


HIGHER HEALTH MENTAL HEALTH HELPLINE



24-HOUR AND TOLL-FREE

ESTABLISHED TO ADDRESS THE
MENTAL HEALTH NEEDS OF ALL
STUDENTS AND STAFF



FREE TELEPHONIC OR SMS:

Counselling



Crisis intervention and support



Referrals to mental health professionals



Other psychosocial resources

