

## **Wellbeing with Aspiria**

[aspiria.ca/](http://aspiria.ca/)

Aspiria is a Mental Wellness Student Support Program provided to all Eastern College students. They help students access support services at the right time to address personal, social or other such issues.

It's free, confidential, and available 24/7

Available in several languages

Download the Aspiria App from either the Apple App Store or Google Play

Chat directly with a Counsellor through the app.

Or

Call Toll Free: 1-877-234-5327

## **HELPLINES:**

### **COVID-19- Mental health**

The New Brunswick government has set up a website with information, tips, and strategies to cope during the pandemic.

They provide details about agencies, how to reach out for help and who to call.

You can also find self-help tips, mindfulness challenges, connecting with others and how to stay informed.

Click on the link for more detailed information.

[https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/mental\\_health.html](https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/mental_health.html)