



Mental Well-Being

- ✓ Stay Healthy at School 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.
- ✓ Chat directly with a Counsellor through the App or call Toll Free: 1-833-646-1524.
- ✓ Download the ICONNECTYOU App from either the Apple App Store or Google Play.



SCAN QR CODE TO DOWNLOAD
THE APP AND SIGN UP WITH
CODE SHAS