

## WeConnect

### STUDENT MENTAL HEALTH AND WELLNESS PROGRAM

[WeConnect](#) is a mental health and wellness program that provides post-secondary students with short-term therapy, lifestyle counselling, courses, and other resources to improve mental and physical health. The service is available to all full-time students with a Student Health Plan, and their dependents.

SHORT-TERM COUNSELLING	COACHING AND WELLNESS PROGRAMS	ONLINE COURSES AND RESOURCES
<ul style="list-style-type: none"> <li>○ Simple access to request services</li> <li>○ Services available 24/7</li> <li>○ Care is immediate through connection with the intake team</li> <li>○ On-demand, virtual, and in-person options</li> <li>○ Multilingual options</li> <li>○ No maximum number of sessions</li> </ul>	<ul style="list-style-type: none"> <li>○ Life and Wellness Coaching</li> <li>○ Aware Mindfulness program</li> <li>○ Computerized Cognitive-Behavioural Therapy (cCBT)</li> </ul>	<ul style="list-style-type: none"> <li>○ Online courses, articles, webinars, and other resources</li> <li>○ Legal consulting: free 30-minute consultation with a lawyer</li> <li>○ Financial consulting: free 1 hour consultation with a Professional Financial Advisor</li> </ul>

### STUDENT BENEFITS REQUIREMENTS

- Student Benefits are outlined on [www.wespeakstudent.com](http://www.wespeakstudent.com)
- Full information about the Student Health Plan is in available [here](#)
- WeConnect is only available under these plans:
  - Balanced Plan
  - Enhanced Vision and EHC Plan
- Students must opt-in or opt-out of Student Benefits by September 30<sup>th</sup>, 2022
- Students are automatically enrolled in the Balanced plan unless they opt-in or opt-out of plans
- **International Students** are not automatically covered by the Student Health Plan and are instead covered through [GuardMe Insurance](#) through the [International Education Centre](#)
  - International Students can [opt-in](#) to an eligible Student Benefits plan before their deadline, to access the WeConnect benefits, in addition to maintaining their GuardMe coverage

## TO ACCESS

- Confirm you are eligible through your Student Benefits
- Go to [www.wespeakstudent.com](http://www.wespeakstudent.com)
- Choose Algonquin College
- Click on the WECONNECT icon to connect to the secure portal
- Create a new account
- Review the resources
- To access **Counselling**
  - Call the number for support: 1-888-377-0002
  - You will be connected with a member of the intake team
- Save the main portal on your computer or on your phone
- You can continue to access the services through the website, phone, Livechat, email, text, or the iConnectYou Mobile App

## ADDITIONAL INFORMATION

- [Algonquin College Health Plan Information](#)
- WeSpeakStudent Student Call Centre: 1-800-315-1108
- WeSpeakStudent [Live Chat](#)
- WeSpeakStudent email: [help@aclstudentbenefits.com](mailto:help@aclstudentbenefits.com)
- [WeConnect Program Information](#)
- WeConnect 24/7 Support: 1-888-377-0002