

## Here2Talk



**PHE Curricular Competencies:** Physical Literacy, Health and Active Living, Social and Community Health, Mental Well-being

**Audience(s):** Graduating Students

**Hyperlink:** [Here2Talk](#)

### Description

Here2Talk helps connect students with mental health support whenever it is needed. We all know attending post-secondary opportunities can be a stressful time in our lives. Here2Talk provides **free** access to confidential counselling and referral services, 24/7 availability via app, web and phone service.

### Objective(s)

Here2Talk aims to support overall wellbeing and mental health by providing students with free 24/7 support by experienced professionals. To gain access to this program you must be a registered student at a British Columbia University or College. Through the downloaded app, by phone or online you can start a chat and request to speak to someone. You will also have access to articles and resources.

### Curricular Connections

This resource supports the Mental Health aspect of the Physical and Health Education Curriculum by:

- demonstrate the knowledge, skills, and strategies needed to make informed decisions that support personal and community health and safety

*Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to [dashbcresources@gmail.com](mailto:dashbcresources@gmail.com)*