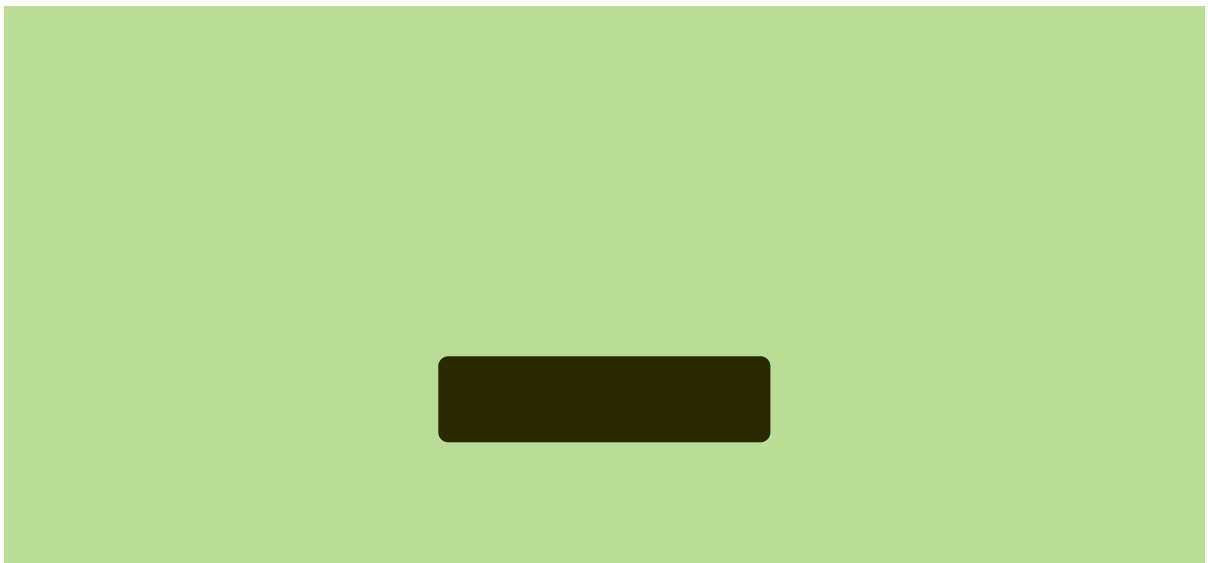


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MyCamosun







## Students in Canada

Camosun College offers confidential counselling services to support your academic and personal well-being.

Whether you're on campus at Lansdowne or Interurban or prefer virtual sessions via video or phone, our short-term support is tailored to meet your needs.

To schedule an appointment, contact our Counselling Centre at Lansdowne (250-370-3571) or Interurban (250-370-4925)

cnm

More Counselling  
Resources

## Students outside Canada

### Here2Talk

For confidential mental health support, we recommend Here2Talk.

Available 24/7 to BC post-secondary students, Here2Talk offers counseling and community referrals through app, phone, or web.

Visit [www.here2talk.ca](http://www.here2talk.ca) to explore resources and connect with trained



