



**MY  
SSP**

# Need to talk?

**Free counselling - Talk or text 24/7**

**Download the 'My SSP' app**



**MY  
SSP**

Get free confidential support from licensed counsellors 24/7. Download the 'My SSP' app or call **1.844.451.9700** for immediate support in multiple languages.

**Visit [uwindsor.ca/MySSP](https://uwindsor.ca/MySSP) for more information.**



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