



Major Plan.  
**The simple truth.**

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**LifeWorks**  
by Morneau Shepell

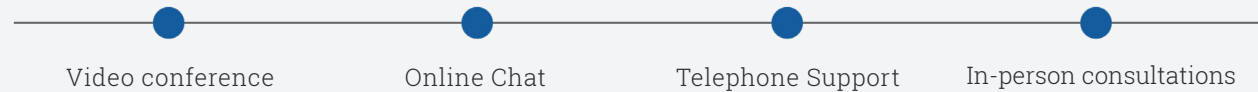
## STUDENT **ASSITANCE PROGRAM**

The Student Assistance Program (SAP) is a confidential service that allows you to obtain assistance and a variety of information.



## 24/7 CONSULTATIONS

Contact the support program team in confidence if you experience stress, have trouble sleeping, or are concerned about your budget or any other distress. You will have access to consultations with recognized professionals, 24 hours a day, 7 days a week. If necessary, you will be referred to counselors and other specialists, as well as to community resources.



The consultations will allow you to get support and advice for different situations;

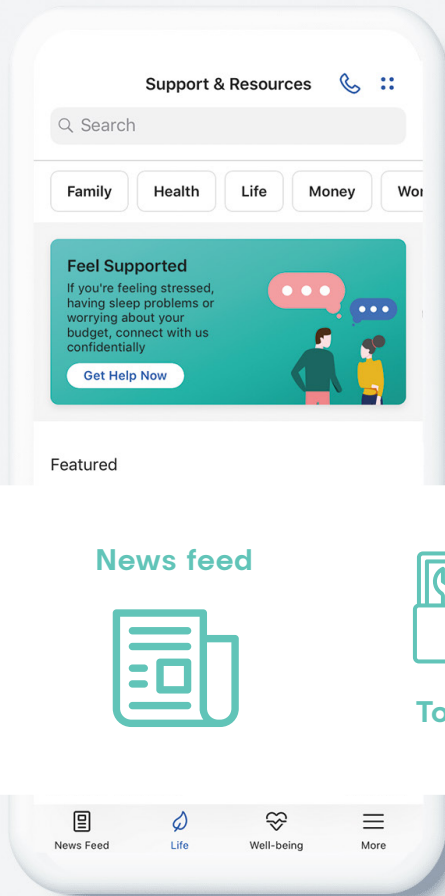
- Psychological support for studies, work, personal life, family, money, etc.
- Advice on budget organization.
- Legal consultation.
- Advice on lifestyle and health.

## EXAMPLES OF SITUATIONS SUPPORTED BY THE SAP:

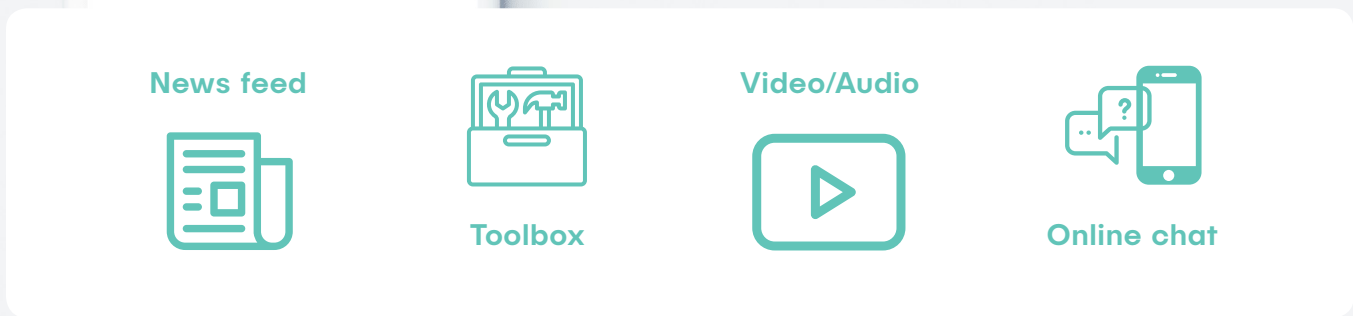
- Personal difficulties; stress, anxiety, depression, insomnia, demotivation, bereavement, etc.
- Problems related to physical, psychological and sexual violence.
- Difficulties and stress caused by school tests (academic course).
- Problems with organizing and planning your money.
- Problems of professional orientation or reorientation of career.
- Legal issues.
- Needs nutritional advice (healthy eating).
- Physical health problems related to lifestyle; obesity, diabetes, smoking, high cholesterol, high blood pressure, eating disorders, etc

# WEB PORTAL AND MOBILE APPLICATION LIFEWORKS·SYNERVIE

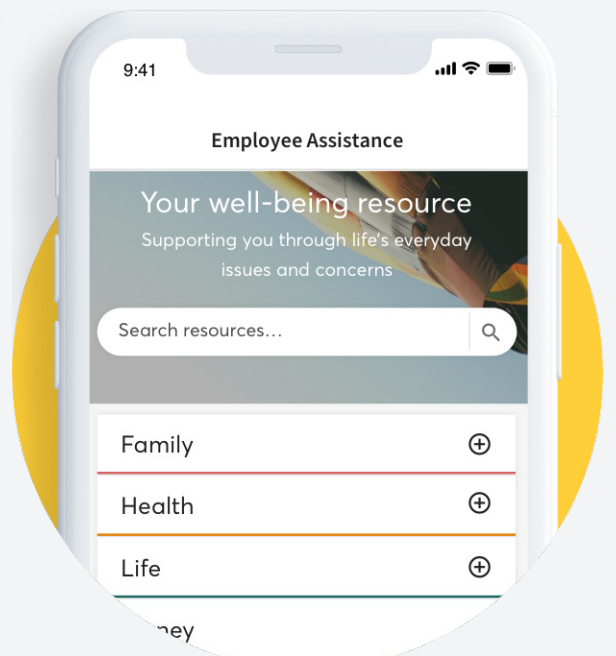
The web portal and mobile app will give you more information, tips, toolkits and more!



- News feed with articles related to the latest news.
- Toolbox that brings together various tips related to money, family, health, work and life.
- Video and audio clips for stress management.
- Access to chat, start a conversation for support



**24/7 direct help line**  
1 877.976.2567



Please do not hesitate to contact Major Plan team if you require assistance or have any other questions.



**majorplan.ca**

1 877.976.2567

student@majorplan.ca