ISSPDemo

Welcome students! We know that attending university or college is an exciting time. The exhilaration you feel may also come with some apprehension around the responsibilities and demands of student life. You are not alone. In partnership with Morneau Shepell, the keep.meSAFE Student Support program offers free counseling support 24/7/365 through the My SSP app. This is a confidential and voluntary service available to you through your university or college. We're here to help you succeed during your studies.