

Mental Health Supports and Resources for Students Outside of NB

Counsellors provide clinical services to students registered in a degree program who are residing in the province of New Brunswick. Earlier during the pandemic, our office had obtained temporary permission from professional colleges across Canada to be able to make exceptions and extend services to students in other provinces but at this time, and as campus reopens, we can only offer services to students who are physically in the province at the time of the appointment. We hope you will reach back out when you return to NB and in the meantime, no matter where you are, we encourage you to explore these other options for mental health support:

[TAO - Therapy Assisted Online](#) TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health, wellness, and substance use issues. TAO includes interactive sessions, mindfulness exercises and practice tools all aimed at helping you achieve your goals.

[UNB Wellness Hub of Mental Health Resources](#) List of resources recommended by UNB counsellors.

[UNB Peer Support Services](#)

[Crisis Services Canada Hotline](#): Call 1-833-456-4566, Text 45645 or visit their website for more information.

Tips for Finding a Counsellor in Your Province

Find a psychologist by province: [Canadian Psychological Association](#)

Find a social worker by province: [Canadian Association of Social Workers](#)

Find a counsellor by province: [Canadian Counselling and Psychotherapy Association](#)

The CAMH provides additional considerations when looking for mental health services: [Centre for Addiction and Mental Health](#)

It can also be helpful to ask your local physician, family, and friends for recommendations.

Insurance Coverage

Please check your personal insurance and/or your parents' insurance coverage.

The following companies provide mental health coverage for students:

UNB Student Union (Undergraduate Students) WeSpeakStudent.com

- Licensed Psychologist or RSW/MSW Social Workers are covered at 80% per session to a max of \$1,000 per year. No physician referral is required.

UNB Graduate Student Association [StudentVIP](#)

- Psychologists are covered at 80% to a max of \$400 per year. Requires a doctor's referral.

St. Thomas University [Student Benefits](#)

- Licensed Psychologists, RSW/MSW Social Workers or Psychotherapists are covered to a max of \$1,000 per year.