

Wellness, legal, financial support

Free for USask off-campus students

Through the **GuidanceResources program**, off-campus and distance students can speak with a variety of trained and certified experts.



Mental health counsellors

Counsellors are available by phone or online 24 hours a day, seven days a week to help with:

- Stress, anxiety and depression
- Conflict, dealing with change, grief and loss
- Alcohol or drug use



Health coaches

Certified health coaches provide support and strategies to improve your health:

- Nutrition, exercise and weight loss
- Quit smoking
- Health assessments



Financial experts

Speak with certified public accountants, financial planners and other professionals for help with:

- Credit card and debt management, taxes, budgeting
- Financing for university
- Real estate and investments



Lawyers

Lawyers are available to discuss:

- Family law matters, including divorce, custody, child support and adoption
- Bankruptcy and credit issues
- Landlord/tenant issues, including eviction and lease questions

Referrals and resources

Specialists will research and provide qualified referrals and resources for just about anything, including things like finding child care, housing, contractors, insurance and more.

Get 24/7 support now

Online

Login at guidanceresources.com or download the **GuidanceNow** app. Select *Register* and enter the **Organization Web ID: USASKSAP**

By Phone

Call: 844-392-9733 or TTY: 877-373-4736

Your USask ID is **USASKSAP**