

## **MEDIA RELEASE**

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### **Student LifeLine launches at CNC**

College of New Caledonia (CNC) students now have access to 24 hour support services with the introduction of Student LifeLine.

The full-service student assistance program and wellness resource, delivered by LifeWorks, provides free professional supports to help CNC students maintain a healthy balance between school, work and everyday life.

“Personal problems, challenges and stressors can have a significant impact on a student’s performance at school,” said Harman Dandiwal, CNC Students’ Union (CNCSU) Organizer. “Student LifeLine will address the after-hour need for support services and creates a healthy, supportive environment for all students across CNC’s campuses.”

Student LifeLine offers CNC students free 24 hour confidential legal, financial and family consultations via a toll-free phone number or online, short term counselling via in-person, video chat, text chat or on the phone as well as referrals to supportive resources and organizations in the community. A Student LifeLine mobile app is also available for iOS and Android.

Student LifeLine’s program experts offer advice, support, referrals and resources to help with a wide range of personal issues including:

- Life: stress/overload, anxiety, depression, grief/loss, community resources
- Family: parenting, separation/divorce, blended families, caring for older adults, education
- Money: saving/investing, debt management, estate planning/wills, home buying/renting
- Work: work relationships, job stress/burnout, managing people
- Health: Fitness/nutrition, sleep, addiction/recovery, smoking cessation

CNC has committed a grant to help fund the efforts of the CNCSU and the BC Federation of Students to bring a 24 hour student support service to the college. This is in addition to the expansion of student counselling services to all six CNC campuses last year.

“We’re proud to support an initiative that expands the support resources available to CNC students,” said CNC President Henry Reiser.

Currently, CNC offers student support through Student Services as well as the Health and Wellness Centre in Prince George. Many crises, however, occur outside of normal business hours, according to CNC Wellness Coach Dana Hansen.

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“Evenings and nights can be difficult for people who are struggling to cope as there tends to be less distractions than during the day,” she said. “It’s great to have another resource that offers 24 hour crisis support to students.”

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