

The My SSP International Student Support Program

Student Orientation



The My SSP International Student Support Program

Studying in another country is an exciting life experience. It can also be stressful. It's normal to feel isolated and anxious when you're away from home, meeting new people and learning to navigate a new culture, language and campus.

Let us help!

Take advantage of the **My SSP**, a free service specially designed to help international students overcome the challenges that come with studying in another country.

As an International Student, you can now receive support:

- ✓ 24 hours a day, 7 days a week via phone or chat
- ✓ **In your preferred language**
- ✓ From a Student Support Advisor that understands your culture and unique challenges
- ✓ **At no cost to you!**

Your information is completely **confidential** within the limits of the law, so no one – including your family, friends, or professors – will ever know you used the program unless YOU choose to tell them.

My SSP helps address concerns before they snowball

"I'm fighting with my roommate and I can't switch off at night. I am losing sleep over the smallest things."

"I'm new to the city and far from the people I love. I can't find my people. I don't fit in."

"Have you heard about My SSP?"

"I feel like I can't keep up and I don't understand what is expected of me here. I can't do anything right."

"I'm feeling overwhelmed. I don't know who to talk to.."

"...I don't want to go home. I can't be myself at home"



Access support anytime, anywhere by:



Downloading the *free My SSP App*

Available in Simplified Chinese, Korean, Arabic, Spanish & English



Calling **1.866.743.7732**

(If calling from outside North America, dial 001.416.380.6578)

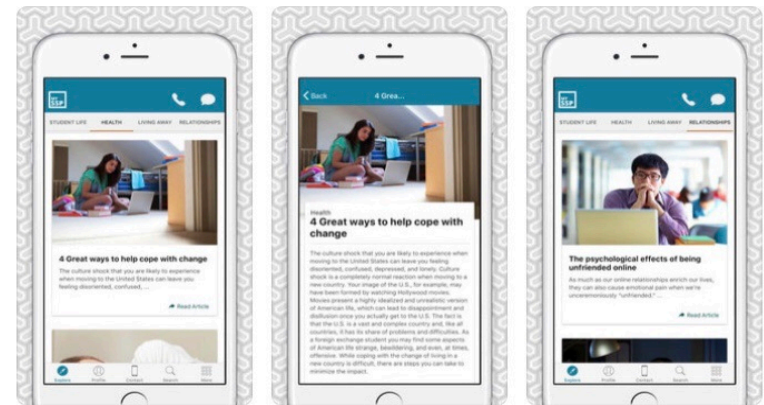
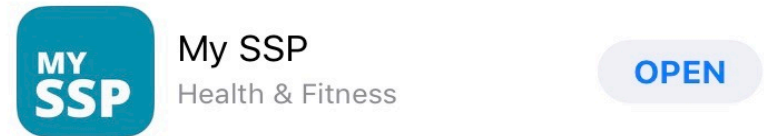
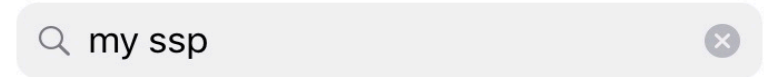
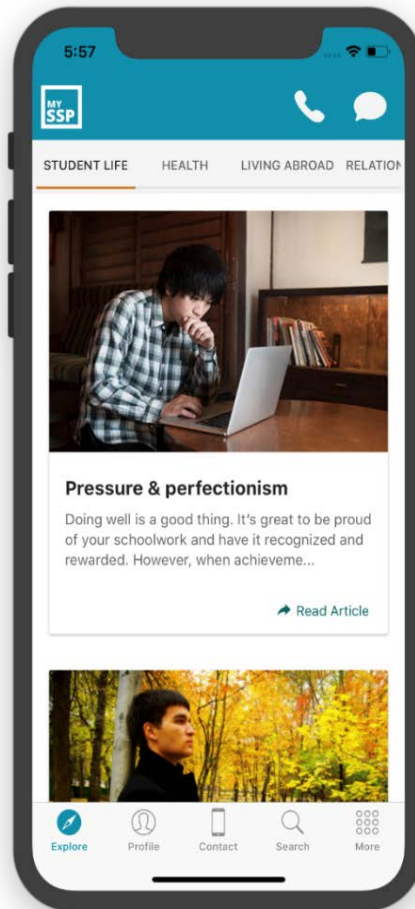
Support is available in 60+ languages!



Visiting us.myissp.com

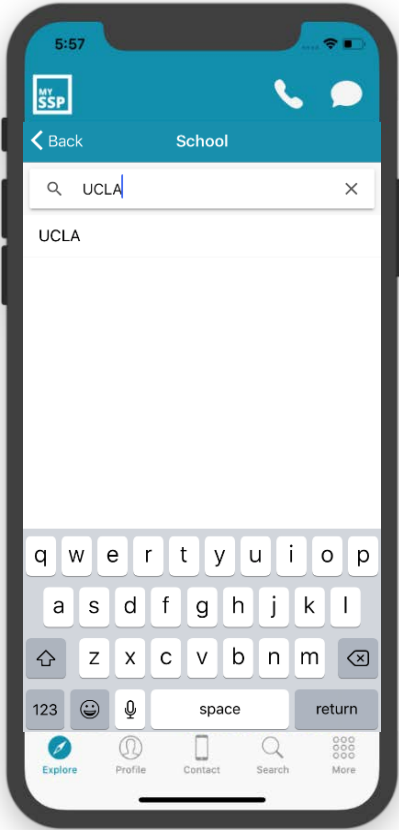
Helpful content available in Simplified Chinese, Korean, Arabic, Spanish & English

Download the free app now! Search for My SSP

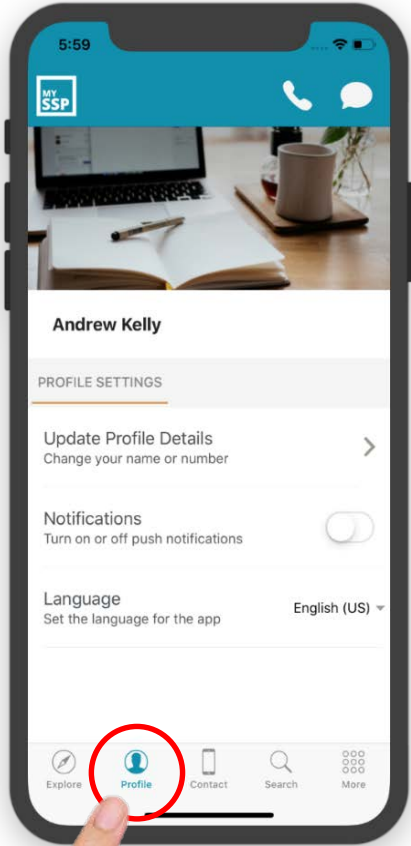


My SSP App is available in Arabic, Korean, simplified Chinese, Spanish, French and English.

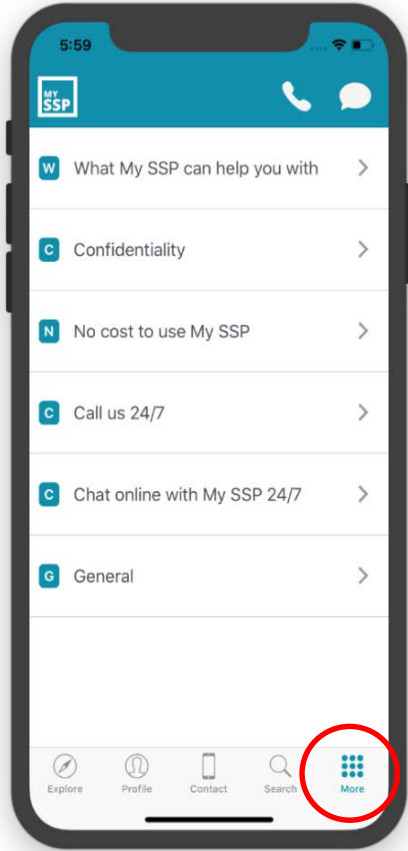
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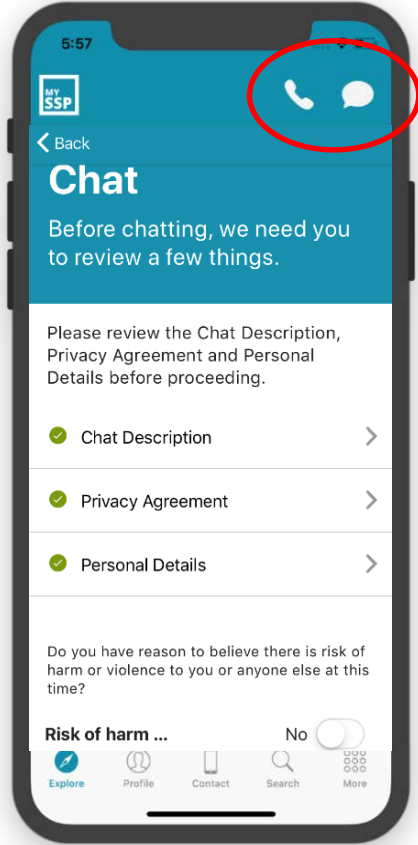
School



Profile



FAQs



Call / Chat



Questions?

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Visit the website **us.myissp.com**