

SUPPORT TO  
IMPROVE YOUR  
WELLNESS IS  
AVAILABLE  
TO *you.*

real:  
campus

# Studying is hard. Wellness shouldn't be.

As an eligible student at your college or university, Real Campus offers you compassionate and confidential support for your health and wellness.



From speaking with a therapist about anxiety or an academic counsellor about study habits...

To meeting with a nutrition counsellor to improve your energy...



Or a career coach to support your future, we have your back.

**Visit [realcampus.ca](https://realcampus.ca)  
to get started.**

[realcampus.ca](https://realcampus.ca)

1-877-390-REAL (7325)



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