



# Basic Student Supports

University is challenging. Fortunately, at KPU, there are resources that can help students be successful. KPU has a full range of services and departments that students can access when they need support or assistance. To find more information on how to access these services, go to [kpu.ca/current-students/student-support](https://kpu.ca/current-students/student-support)



## Health and Wellness

Health and wellness is an integral part of succeeding in university. KPU provides all students with access to a wealth of resources and information spanning across the six dimensions of wellness, including emotional, financial, mental, physical, social, and spiritual wellness: [kpu.ca/thrive](https://kpu.ca/thrive)

## Financial Hardship

Emergency bursaries are available to any student experiencing an unexpected financial hardship. These bursaries provide a limited amount of financial assistance to students based on assessed financial need and do not need to be repaid: [kpu.ca/awards/emergency-assistance](https://kpu.ca/awards/emergency-assistance)

International students may also be eligible for limited financial assistance from the KPU International Emergency Fund. For information, email [internationalstudents@kpu.ca](mailto:internationalstudents@kpu.ca)

## Counselling Services

KPU's Counselling Services provides individualized and confidential counselling support to students on a wide range of challenges, including adjusting to university life, stress management, grief, anxiety, relationships, family, and any other mental health challenges: [kpu.ca/counselling](https://kpu.ca/counselling)

Connect 24/7 through the MySSP App to get personalized support: [kpu.ca/keepmesafe](https://kpu.ca/keepmesafe)

## Accessibility

If students are experiencing challenges related to health (mental or physical) or they have learning disabilities that are impacting their studies, KPU's Accessibility Services will work with students to confidentially develop a personalized plan to ensure access to the University and to support them in achieving their academic goals: [kpu.ca/access](https://kpu.ca/access)

## Food Insecurity

Any student having difficulty affording groceries or accessing sufficient food to eat every day can access the Kwantlen Student Association's Student Food Bank service. Students can confidentially order a food hamper online or make emergency food requests: [kusa.ca/ksa-food-bank](https://kusa.ca/ksa-food-bank)

Students are also encouraged to contact Student Awards and Financial Assistance at [awards@kpu.ca](mailto:awards@kpu.ca) or by visiting their website at [kpu.ca/awards](https://kpu.ca/awards)

## Housing Resources

Information and referral to a broad range of community, government, and social services: [bc211.ca](https://bc211.ca)

For adults (19+ years old) who are in need of emergency shelter: [options.bc.ca/get-support/finding-housing](https://options.bc.ca/get-support/finding-housing)

Get help staying where you are, paying rent, or help with a difficult housing issue: [surreylibraries.ca/services/community-services/housing/housing-supports-and-outreach](https://surreylibraries.ca/services/community-services/housing/housing-supports-and-outreach)