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](http://kpu.ca/current-students)

**Health & 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](http://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](http://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](http://kpu.ca/counselling)

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