

# Essential Student Supports

## 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 six dimensions of wellness, including emotional, financial, mental, physical, social, and spiritual: [kpu.ca/student-health-promotion](https://kpu.ca/student-health-promotion)

## 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. Contact [internationalstudents@kpu.ca](mailto:internationalstudents@kpu.ca)

## Counselling Services

KPU Counselling Services provides individualized and confidential counselling support to students on a wide range of challenges, such as 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 with KPU's Student Support Program: [kpu.ca/counselling/support](https://kpu.ca/counselling/support)

## Accessibility

If students are experiencing challenges related to health (mental or physical) or they have learning disabilities that are impacting their studies, KPU 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 Security

On and off-campus resources are outlined on [kpu.ca/wellness/student-food-security](https://kpu.ca/wellness/student-food-security). Students can confidentially order a food hamper online or make emergency food requests through the Kwantlen Student Association's Student Food Bank service: [kusa.ca/ksa-food-bank](https://kusa.ca/ksa-food-bank)

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

## Housing Resources

Information and referral to a broad range of community, government and social services: [bc.211.ca](https://bc.211.ca) and [surreylibraries.ca/housing](https://surreylibraries.ca/housing)

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

If you are new to Canada and Vancouver, you will need to find a place to live. While KPU does not have on-campus residences, there are many great housing options available, including homestay and student accommodations: [kpu.ca/current-students/housing](https://kpu.ca/current-students/housing)



*KPU does not endorse or promote particular resources or programs, and inclusion here does not imply KPU's endorsement.*

[kpu.ca/current-students/student-support](https://kpu.ca/current-students/student-support)