



November 5, 2019

**RE: Increased Mental Health Coverage on APUS Health & Dental Plan**

Over the last few years, APUS has made significant improvements to the APUS Health & Dental Plan based on feedback from our members. We are extremely pleased to announce that we are increasing our mental health coverage on the APUS Health & Dental Plan for the current 2019-2020 policy year.

Effective immediately, the APUS Health & Dental Plan will now cover up to \$125 per visit for up to 20 visits under our Psychology & Counselling benefit. Coverage under this benefit includes access to Psychologists, Social Workers, Master of Social Work, and Psychotherapists. All part-time undergraduate students currently enrolled on the APUS Health & Dental plan have access to this increased mental health coverage retroactive to September 1, 2019 until August 31, 2020.

Recognizing a lack of affordability in accessing mental health services, we will not be increasing the premiums for the APUS Health & Dental Plan. The cost of the plan for part-time students remains the same for the 2019-2020 year.

APUS represents 6000 part-time students on all three U of T campuses during the Fall/Winter semesters, which means that enrolment on our Health & Dental plan is lower than those of larger student unions. We are pleased to now be able to provide comparable mental health coverage to our fellow student unions at U of T.

We care deeply about the mental health of our peers and fellow part-time students. As the semester winds down and exam season begins, we encourage you to seek the support, care and resources that you need. We are excited to provide this increased mental health coverage for our members, and we are always here if you need a space to talk, share or take a break with us.

In love and in solidarity,

The Association of Part-Time Undergraduate Students

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For more information about the APUS Health & Dental plan, please visit [apus.ca/health](http://apus.ca/health) or contact [services@apus.ca](mailto:services@apus.ca).

The following campus and community helplines are also available if you need support:

- Good 2 Talk Student Helpline 1-866-925-5454
- Gerstein Crisis Centre 416-929-5200
- Distress Centres of Greater Toronto 416-408-HELP (4357)
- Anishnawbe Health Toronto Mental Health Crisis Line 416-360-0486
- My SSP for U of T Students 1-844-451-9700.
- Health and Wellness Centre 416-978-8030