

# SURVIVAL GUIDE TO ONLINE LEARNING

## Physical and Mental WELL-BEING

- [LEARNING ENVIRONMENT](#)
- [ACTIVE LIFESTYLE](#)
- [EMOTIONAL WELL-BEING](#)
- [NAVIGATING SOCIAL MEDIA](#)
- [SAFETY](#)



### PSYCHOLOGICAL SERVICES

#### AT MY COLLEGE

Champlain  
COLLEGE SAINT-LAMBERT

St. Lawrence  
COLLEGE CHAMPLAIN

Champlain  
COLLEGE LENNOXVILLE

DAWSON  
COLLEGE

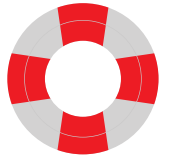
CEGEP  
Heritage  
COLLEGE

JOHN ABBOTT  
CEGEP/COLLEGE

MARIANO POLIS  
COLLEGE

VANIER  
CEGEP/COLLEGE

### ADVICE >



### SAFETY

Feeling safe, both psychologically and physically, is the foundation of your well-being.

**If you are in danger you require immediate care, call 9-1-1 or go directly to the nearest emergency room.**

Please, consult the resources listed below if you need more help:

- **Info-Sante / Info-Social 811 (front line services)**
- Your CLSC
- Tel-Jeunes 1-800-263-2266

Other local resources