

# SARDP Mental Health Until Remission Referendum



Your Students' Association is holding a referendum to decide if students support the implementation of a mental health until remission service for SARDP members. This FAQ document highlights all the relevant details of the service to help you make an informed decision.



Vote online from  
**March 9 to March 12**  
via a link sent to your student inbox  
or through your MyRDP account.

## Service overview

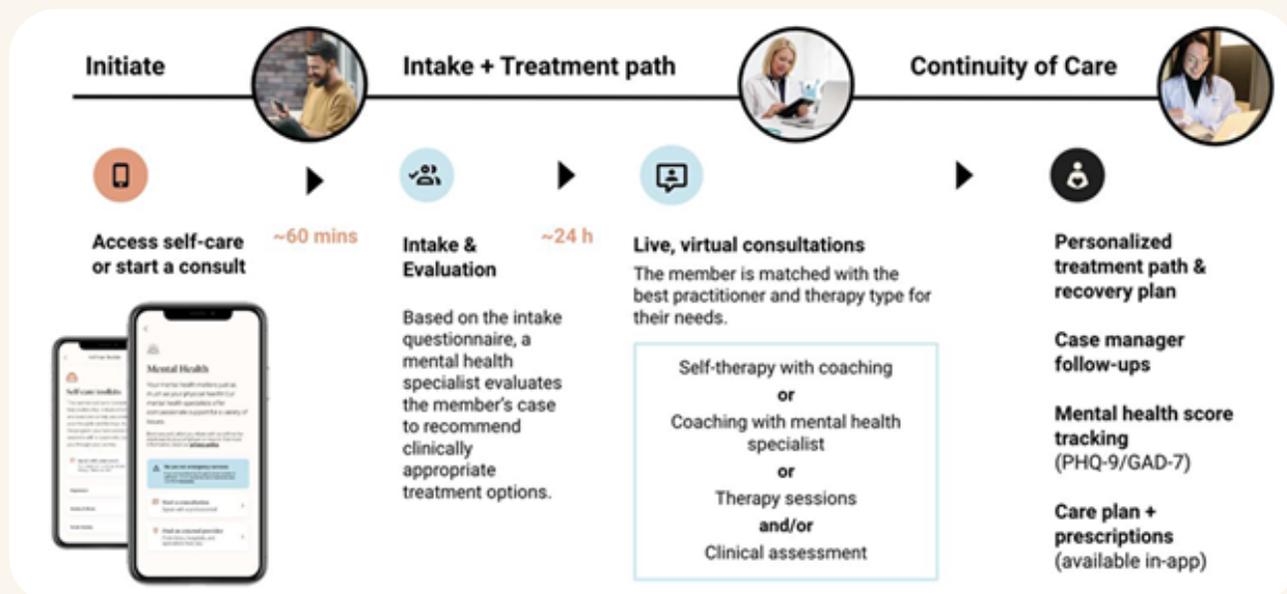
For many students who want to take care of their mental health, it can be challenging to find adequate and affordable support. Long waiting lists and high fees are among the obstacles that many students may face when seeking support.

The Mental Health Until Remission service provides fast access to support from mental health professionals. Consultations are available during the day, in the evening, and on weekends at **no additional out-of-pocket cost**. This service means you won't get waitlisted to get mental health support or restricted to a clinic's limited hours of operations.

To access the program virtually, students would create an account on the Dialogue mobile app or web page and book an appointment from the privacy and comfort of their home. If students prefer in-person sessions, they can book those through Dialogue's 24/7 call center.

Students are connected to a care team member within minutes and have access to a multidisciplinary team of therapists, psychologists, physicians, nurse practitioners, mental health specialists and coaches.

To access the service, you must create an account on the Dialogue mobile app or on the web.



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## What does the Mental Health Until Remission service include?

The service allows students to register and book appointments on its online platform. Sessions take place virtually on the Dialogue platform, which means that you can see a mental health professional wherever you like, quickly and confidentially.

### Features

- Consultations and therapy until remission (uncapped utilization)
- \$0 out-of-pocket expenses per consultation
- Virtual and in-person appointments
- Appointments available in multiple languages
- 24/7 initial triage with same-day or next-day appointments
- Appointments are available from 8:00 am to 8:00 pm on weekdays and 8:30 am to 5:00 pm on weekends, including statutory holidays, based on the time zone of the student
- Medical support from physicians and nurse practitioners, including:
  - Mental health-related medical diagnosis can be provided, if needed
  - Mental health-related issuing and/or renewing prescriptions
- Multidisciplinary team: therapists, psychologists, mental health specialists, psychotherapists, and coaches.
- Mental health coaching service (one 60-minute session) for students temporarily outside of Canada

## Can I choose my therapist or are they assigned to me?

You have the option to choose your own mental health provider based on your needs and preferences, including gender, cultural background, 2SLGBTQIA+, neurodiversity, and more. Although the top priority is ensuring you get the care you need on time, being able to select a provider may impact the speed of service and will depend on availability.

## Is artificial intelligence (AI) used during the initial triage process?

No, Dialogue does not use AI during the initial triage process.

## Does this program cover Physicians and Nurse Practitioners?

Yes, this service also provides virtual medical support from physicians, specific to diagnosing mental health conditions as well as issuing and/or renewing mental health related prescriptions. Physicians and therapists work together to bring patients to remission.

## Can the doctor or nurse practitioner be asked about other maladies (i.e. cold/flu, illness, infection, reproductive care)?

The scope of this service is limited to treat mental health conditions only.

## Is the Mental health Until Remission service covered by my student Health Plan?

No. This is a separate program with a separate fee.

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## How much would it cost?

The fee for the Mental Health Until Remission service is \$40 per year and would be automatically charged with tuition and other fees.

## Could I opt out?

Yes. You will have the option to unconditionally opt out of the Mental Health Until Remission service before the deadline\* at the start of the term and get the full fee waived/credited back to your RDP student account, no questions asked.

| Timeline  | Coverage Period                     | Opt-Out Deadline   |
|---|-------------------------------------|--------------------|
| Continuing and returning students ( <b>September 2026</b> ) | September 1, 2026 – August 31, 2027 | September 15, 2026 |
| New students starting <b>September 2026</b>                 | September 1, 2026 – August 31, 2027 | September 15, 2026 |
| New students starting <b>January 2027</b>                   | January 1, 2027 – December 31, 2027 | January 15, 2027   |
| New students starting <b>May 2027</b>                       | May 1, 2027 – April 30, 2028        | May 15, 2027       |
| New students starting <b>July 2027</b>                      | July 1, 2027 – June 30, 2028        | July 15, 2027      |

## If I decide to opt out of the SARDP Health & Dental Plan, will I be opting out of the Mental Health Until Remission service as well?

No. The SARDP Health & Dental Plans and the Mental Health Until Remission service are separate programs with separate fees. You can choose to opt out of the Health Plan, the Dental Plan, and/or the Mental Health Until Remission service—or you can choose to maintain all three.

## Will my dependants have access to this service?

Yes. Your spouse and/or dependent children will have access to this service at no additional fee.

## Where and when can I vote?

You can vote online from **March 9 to March 12, 2026** via a link sent to your student inbox or through your MyRDP account.