

# ASAP

## Academic Student Assistance Program



Protecting your physical, mental, and financial wellbeing.

### 24/7 Access

- Speak to a counselor immediately by calling 1 (866) 349-5575 or texting “Hello” to 61295
- Round-the-clock support from a Care Center staffed by qualified and experienced professionals
- Free and confidential services accessible via phone, video, private chat, text, or email
- 140+ languages and TDD/TTY capabilities

### Online & Mobile Tools

- Mobile app for immediate access and interactive multi-lingual website
- Wellbeing, physical, and behavioral health risk assessments
- Webinars and learning modules

### Life and Wellbeing Resources

- Unlimited assessment, counseling and individual crisis intervention
- Support for stress, depression, family and relationship concerns, and substance abuse
- Verified referrals to community programs and resources

To access our life and wellbeing resources, visit [myahpcare.personaladvantage.com](https://myahpcare.personaladvantage.com) and enter AHP1 as the Company Code. **Ready to speak to a counselor?** Call 1 (866) 349-5575.

