



# Academic Student Assistance Program

## Round the Clock Access



- Speak to a counselor immediately by calling 1 (855) 850-4301 or texting “Hello” to 61295
- 24/7 support from a Care Center staffed by qualified, experienced professionals
- Free & confidential services accessible via phone, text, or email
- 140+ languages & TDD/TTY capabilities

## Online & Mobile Tools



- Mobile app available for immediate access
- Interactive, multi-lingual website
- Wellbeing, physical, & behavioral health risk assessments
- Webinars & learning modules

## Life & Wellbeing Resources



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

To access our life and wellbeing resources, visit [myahpcare.studentlifeservices.com](https://myahpcare.studentlifeservices.com) and enter **AHP1** as the Company Code.  
**Ready to speak to a counselor? Call 1 (855) 850-4301.**

Services provided directly by the Student Assistance Program are free. If referred to outside resources, the client will be responsible for any costs. Student Assistance Program Services are underwritten and administered by Empathia, Inc., a separate and independent company from Academic HealthPlans, Inc. (AHP), Part of the Brown & Brown Team.