

# ASAP

## Academic Student Assistance Program

Protecting your physical, mental, and financial wellbeing.

### 24/7 Access

- Speak to a counselor immediately by calling 1 (855) 850-4301 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
- Legal, financial, and identity theft consultations and 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, 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, a Risk Strategies Company.