

Student Assistance Program Overview

We are always open.



Access



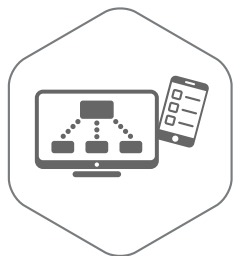
- 24/7 Care Center (including weekends and holidays)
- Staffed by qualified and experienced professionals
- Free and confidential services* for students and family members
- Accessible via phone, video, private chat, text, or email
- 140+ languages
- TDD/TTY capabilities for the deaf and hard of hearing

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
- Online searches for child and elder care services, schools, pet resources, etc.
- Legal, financial, and identity theft consultations and resources

Online & Mobile Tools



- Mobile app for immediate access
- Interactive multi-lingual website
- Wellbeing assessments
- Physical and behavioral health risk assessments
- Webinars and learning modules

For more information, visit myahpcare.personaladvantage.com or download the LifeMatters app for your iOS or Android and enter *AHP1* as the Company Code.

Ready to speak to a counselor? Call 1 (855) 850-4301.