

# Student Assistance Program Overview

We are always open.



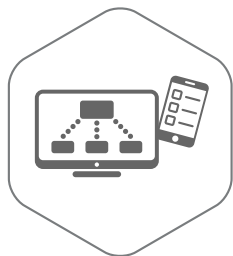
## Access

- 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, 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 is underwritten and administered by Empathia, Inc., a separate and independent company from Academic HealthPlans.