



Academic Student Assistance Program

Round the Clock Access



- Speak to a counselor immediately by calling 1 (833) 950-8252 or text “Hello” to 61295
- 24/7 support from a Care Center staffed by qualified, experienced professionals
- Free & confidential services accessible via phone, video, private chat, 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 and enter **AHP1** as the Company Code.
Ready to speak to a counselor? Call 1 (833) 950-8252.

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, a Risk Strategies Company.