



## Student Assist: Get help when you need it

Students in need of help can access the **Student Assist** toll-free number for specialized services that provide confidential assistance in dealing with personal issues and crises. You can easily locate this number in your My Account, making it easy to get the support you need, whenever you need it.



### Crisis Support

24/7/365 access to prompt in-the-moment services. Beginning with your first toll-free call, our master’s level specialists will listen carefully to assess your needs.



### Living Well Portal

A digital platform offering articles, interactive tools, therapy modules, searchable databases, and assessments for anxiety, depression, PTSD, and more. For more info, visit: [liveandworkwell.com](http://liveandworkwell.com)



### Calm

Renowned digital program catalog for sleep, relaxation and meditation that incorporates evidence based clinical content developed by licensed professionals.



### CollegeLife

We offer you direct access to experts and referrals for a wide range of pre-screened and qualified convenience resources. These resources are designed to assist you if you are facing any issues that may be distracting you from your studies.



### Legal and Financial

You also have access to help with issues such as mounting credit card debt, divorce and child custody matters.



### Mediation

Access a national network of 3,000+ expert mediators for family disputes. Free 30-minute consultation and 25% discount on additional services with a network attorney (caller covers attorney costs).

## Need help?

Visit [uhcsr.com/myaccount](http://uhcsr.com/myaccount) for more information.

Student Assist services are provided through OptumHealth Behavioral Solutions and OptumHealth Care Solutions, UnitedHealth Group companies. The Student Assist is not a substitute for medical attention. If you have an emergency medical condition, you should call 911 or your local emergency services number.

UnitedHealthcare Student Resources does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

ATTENTION: Language assistance services, free of charge, are available to you. Please call 1-866-260-2723.

ATENCIÓN: Usted tiene a su disposición servicios de asistencia en otros idiomas, sin cargo. Llame al 1-866-260-2723.

注意：免費提供語言協助服務。請致電 1-866-260-2723。