

Balancing school and life comes with challenges.

# Your Assistance Program is here to help.

Your Assistance Program can help you reduce stress, improve mental health, and stay motivated in school by connecting you to the right information, resources, and referrals.

All services are free, confidential, and available to you and your family members. This includes access to short-term counseling and the wide range of services listed below:

### **Mental Health Sessions**

Manage stress, anxiety, and depression, resolve conflict, improve relationships, overcome substance abuse, and address any personal issues.

### **Mental Health Support “In the Moment”**

Our licensed master's level counselors support you and your household members through difficult times providing confidential assistance 24/7/365.

### **Life Coaching**

Reach personal and academic goals, receive support for time management, study skills, and learn how to overcome obstacles and stay focused and motivated in school.

### **Financial Consultation**

Build financial wellness related to budgeting, managing student loans, buying a home, paying off debt, managing taxes, and planning for the future.

### **Legal Consultation**

Get help with personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

### **Life Management Resources and Referrals**

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

### **Personal Assistant**

Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

### **Medical Advocacy**

Get help navigating insurance, obtaining doctor referrals, securing medical equipment or transportation, and planning for transitional care and discharge.

### **Student Portal and App**

These digital tools enable you to access your benefits 24/7/365 with online requests and chat options. They also provide easy access to thousands of articles, webinars, podcasts, and tools covering total well-being.



Contact your Student Assistance Program

Call: 800-756-3124

Visit: [myassistanceprogram.com/students](https://myassistanceprogram.com/students)

Code for Student Portal/App: **scuhs**

**ALL ONE**  
HEALTH