



Student Assistance Program at a glance

Struggling with a personal problem, concern or emotional crisis?

College life is exciting but it can also be stressful if you are balancing class with personal responsibilities.

In addition, you may be facing more serious issues like family matters, depression or substance abuse that you can't handle by yourself. Don't let problems keep you from enjoying college and preparing for the future.

Get the help you need today!



855.384.1800

Visit us online at:
HealthAdvocate.com/members

HealthAdvocateSM



We can help

Health Advocate will provide you with the right tools to help you through some of life's toughest challenges. Students can call Health Advocate's toll-free number for confidential, short-term professional assistance, focusing on coping skills for a full range of emotional, family and other personal issues.

Your Licensed Professional Counselor can help:

- Provide confidential, short-term counseling
- Offer referrals for long-term counseling or specialized care, as needed
- Address stress, depression, family issues, substance abuse and more
- Provide assistance with budgeting and other financial concerns
- Research child care and eldercare resources
- Be available via telephone 24/7 in a crisis

You may be referred to the appropriate professional for in-depth, long-term help.

Services are free and confidential, and are available online or by phone.

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**Remember, call 911
or go to the ER in an
emergency.**

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