



A Student Assistance Program (ASAP)

A Student Assistance Program (**ASAP**) is a free and confidential helpline students can call with any concerns or questions. Along with this helpline, ASAP offers online health and wellness education through FutureHealth.

Call 833-445-5058 Anytime For ...

Interpreters for over 200 languages available

Adjustment to College Life

- Loneliness
- Time Management

Mental Health Issues

- Stress
- Anxiety
- Depression

Student Life

- Balancing work, social life, job, etc.
- Sleep Issues

Alcohol or Drug Use Concerns

Financial Counseling

- Budgeting
- College financial planning
- Credit card debt
- Identity theft recovery

Relationships

- Roommates
- Family
- Friends

Legal Assistance

Free 30 minute legal consultation and a 25% discount on additional legal appointments.

Students can call the hotline 24 hours a day, 7 days a week. Should the student need ongoing help, there is a dedicated case manager to provide mental health consultation services, referral services to treatment providers, ongoing follow-ups with the student.

FutureHealth

Students can register and login at www.MyFutureHealth.com to gain access to information on:

- opioid misuse
- alcohol misuse
- anxiety
- eating disorders
- depression

- personal safety
- diabetes
- sexual misconduct
- sleep deprivation
- ...and more

Complete each course by taking the pretest, watching the documentary, reading the information, taking the final exam, and then getting your certificate of completion.

