

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/household 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, and address any personal issues. Choose from in-person sessions, video counseling, or telephonic counseling.

Mental Health Support “In the Moment”

Qualified master's level counselors will 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, resolving general tax questions, and planning for the future.

Legal Referrals

Receive referrals for 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

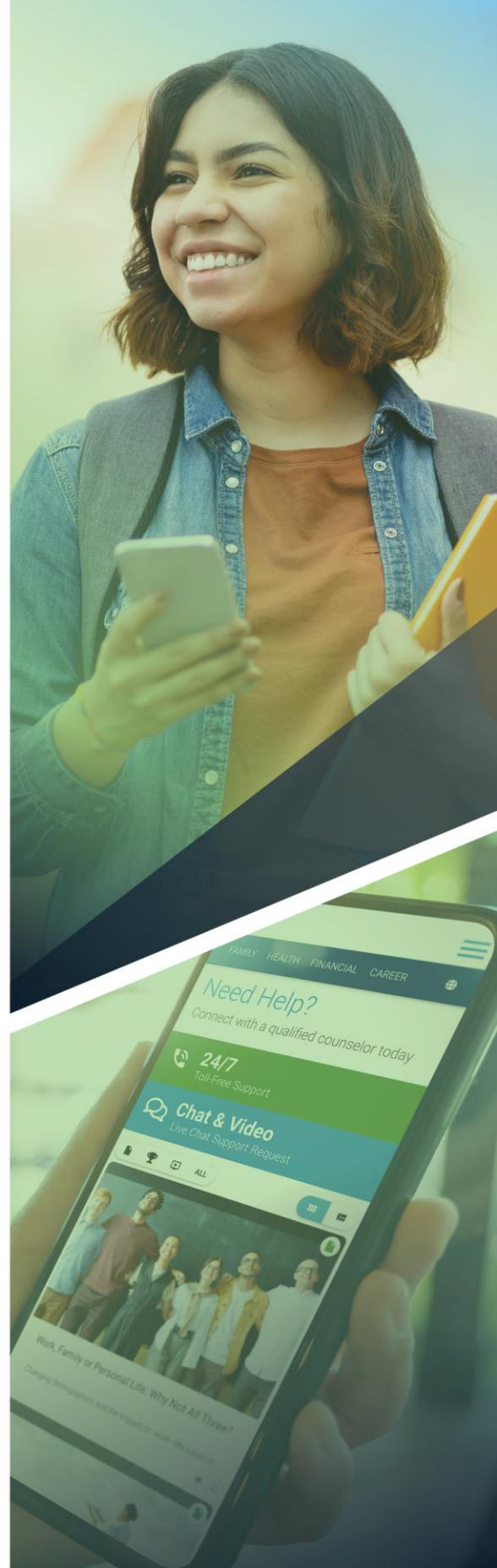
Save time when purchasing tickets for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

Medical Advocacy

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

Student Portal

Access your benefits 24/7/365 through your member portal with online requests and chat options. Explore thousands of self-help tools and resources including articles, assessments, podcasts, and resource locators.



Contact your Student Assistance Program

Call: 800-756-3124

Visit: myassistanceprogram.com/students

Code for Student Portal: scuhs

