



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 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.

