



FutureHealth
www.MyFutureHealth.com



A Student Assistance Program

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

Call 1-833-445-5058

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.

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Counselors can be reached immediately, 24/7 by calling the confidential helpline. You can also reach counselors via an online chat or by emailing intake@coastlineap.com; however, the chats and emails will only be responded to during business hours (Monday - Friday 8:30am - 5:00pm EST).

FAQs

What does this cost?

Nothing! The confidential helpline is free for you and the FutureHealth program is free for you.

What can I call the helpline for?

Anything. We're here to help. There are a few examples on the front of this flyer.

How do I sign up for FutureHealth?

Visit www.MyFutureHealth.com and use your schools name to register. Once you've logged in, you can start learning.

What are the benefits of FutureHealth?

Aside from the educational documentaries, health and wellness information, recipes and more, FutureHealth gives away three **\$50 gift cards** each quarter to the top users.

FutureHealth

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
...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.

