

# A Student Assistance Program



## **What is A Student Assistance Program (ASAP)?**

ASAP is a student assistance program that combines the health and wellness education from FutureHealth with the master's level counseling resources that compliment any schools existing student health services.

## **Who will use ASAP?**

Student enrolled in the student health insurance through the school can use ASAP. Some students may not want to reach out for help and would prefer using the anonymity of technology. Whether they wish to simply learn more about health and wellness or if they're in need of crisis support, we can help students via email or phone.

## **Why Do We Need ASAP?**

Students can experience a range of issues such as depression, anxiety, loneliness, sexual assault, poor nutrition, financial/budgeting problems, and much more. ASAP offers private and confidential help for those students in need at any time - even after the student health center is closed.

## **How Does ASAP Work?**

Once a student is given access, they can login and use our extensive online resources or call our 24/7 helpline for any issue - big or small. Ongoing coaching allows students to find the support they need to succeed.

***Get help with ASAP!***

# What ASAP offers:

- Consultation for any concerns - big or small - depression, alcohol abuse, financial issues, gambling problems, and more
- Immediate, unlimited contact with professional staff via a toll-free helpline
- 24 hours a day, 7 days a week Master's level counseling
- Up to three (3) provider visits paid for by ASAP
- Unlimited follow-up and support services
- Services available in multiple languages
- HIPAA-compliant
- Monthly webinars on various topics
- Mental health and wellness information available
- Mobile app for quick access to resources
- Provides helpline cards and awareness posters
- Documentaries on topics such as anxiety, sexual misconduct, depression, eating disorders, alcohol misuse, opioid misuse, personal safety, and diabetes
- Information available on exercise, nutrition, and mindfulness
- Lifestyle blogs, healthy recipes, and helpful emails
- Facility locator and other useful resources
- Exams & assessments