



# STUDENT ASSISTANCE PROGRAM

## HELPING YOU SUCCEED IN COLLEGE AND IN LIFE

Free Confidential Help Line, Personal Counseling and Coaching

- > Stress
- > Emotional Issues
- > Navigating Change
- > School Problems
- > Time Management
- > Personal Development
- > Healthy Lifestyle Changes
- > Substance Abuse
- > Crisis Management
- > Family Issues
- > Relationship Issues

Free 24/7/365 access to licensed counselors and professionals.

**866-734-5890 | 24/7/365 ACCESS**

You can also confidentially text 94097 and/or request support at [espyr.com](http://espyr.com). Your password is: [lifuu](http://lifuu)

**LIFE** University | Student Success Center