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. Your password is: lifeu