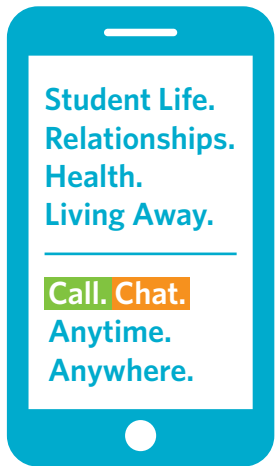


# MY SSP Student Support Program



Attending college or university is an exciting life experience. It can also be a time of change, adjustment and stress.

89% of students report feeling overwhelmed by all they had to do and 65% feel overwhelming anxiety.\*

We're here to help you succeed.

Speak with an advisor/counselor 24/7

**CALL** **CHAT**

- Immediate support available by phone and chat
- On-going support by appointment available by phone and video

- ✓ Free
- ✓ Confidential

\*Source: National College Health Assessment (Spring 2016)

Download the free My SSP app today!



## Personalized support

The Student Support Program:

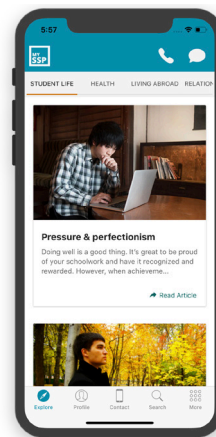
- understands your challenges
- provides immediate support
- refers students to campus resources, when needed
- keeps your information **confidential**
- is available **24/7 + no cost to you**

Support is available via:

- the **My SSP** app and web chat
- over the phone or through video
- self-directed resources including videos and articles in your preferred language

Contacting us is easy


You can choose between scheduling an appointment for a date and time that works best for you or chat immediately 24/7.



Connect to personalized support

Browse an extensive library of articles

Watch videos

 Download the free My SSP app today

 [us.myissp.com](https://us.myissp.com)

 1.866.743.7732

If calling from outside North America:  
001.416.380.6578

# Special Features For International Students

Created by clinical and cultural experts, **My SSP** meets the unique needs of international students:



- access to an **advisor/counselor who speaks your preferred language** and understands your culture
- immediate support 24/7 through app, chat and phone
- self-directed support including multilingual articles and videos on the **My SSP** app

Download the free **My SSP** app today!



App and online resources can help you with:

## HEALTH

Stress  
Sadness  
Anxiety  
Wellness

## RELATIONSHIPS

Family  
Friends  
Communication  
New cultures

Confidential



## LIVING AWAY

Loneliness  
Confidence  
Independence  
Time management


## STUDENT LIFE

Study habits  
School-life balance  
Academic stress  
Extracurricular activities

Free

**My SSP: Student Support Program** can help you anytime with:

- ✓ adapting to new challenges
- ✓ being successful at school
- ✓ relationships with friends and family
- ✓ practical issues while studying
- ✓ stress, sadness, loneliness and more

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