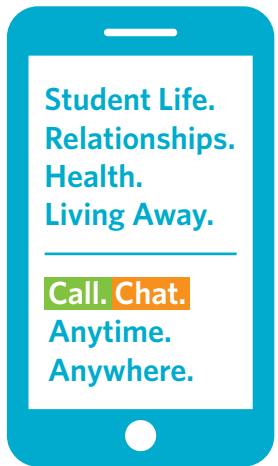




Student Support Program



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)

Personalized support

The Student Support Program:

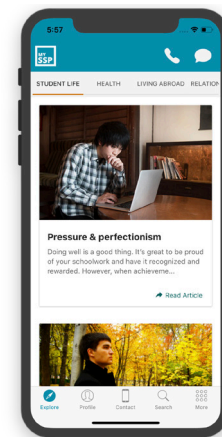
- understands your challenges
- provides immediate support
- refers students to campus resources, when needed
- keeps your information **confidential**
- is available **24/7 + no cost to you**

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!



 Download the free My SSP app today

 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

 **Download the free My SSP app today**

 **us.myissp.com**

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