



Your success starts with great support

Attending college or university is an exciting life experience. It can also be a time of change, adjustment and stress. **My Student Support Program (My SSP)** is here to help you succeed.

myssp.app

Connect with us 24/7 for free, confidential mental health and wellbeing support.

We can help you anytime with:

- Adapting to new challenges
- Being successful at school
- Relationships with friends and family
- Sadness, loneliness, uncertainty, and more

My SSP offers:

- Confidential short-term professional counseling support at no cost to you
- Real-time and appointment-based support available in multiple languages *
- Support available via live chat, telephone, and video sessions

The My SSP app and website offer many additional self-directed resources including:

- videos, articles, podcasts, infographics
- Anonymous mental health assessments for depression, general anxiety, alcohol and drug use
- Free access to LIFT app for virtual fitness sessions

**appointment-based support is not available at all institutions; please check with your school to see if appointment-based support is available to you*

随时与我们联系，每周7天，每天24小时免费获得心理健康和幸福支持，完全保密。

我们可以随时在以下方面为您提供帮助：

- 适应新的挑战
- 在学校取得成功
- 与朋友和家人之间的关系
- 悲伤、孤独、不确定的感受等等

My SSP 提供：

- 短期的保密性专业咨询支持，您无需支付任何费用
- 多种语言的实时和基于预约的支持*
- 通过实时聊天、电话和视频会话提供支持

My SSP 应用程序和网站提供众多资源，包括：

- 视频、文章、播客、信息图表
- 针对抑郁、焦虑、酒精和药物使用的匿名心理健康评估
- 免费访问 LIFT 应用程序的虚拟健身活动

**并非所有机构都提供基于预约的支持。请向您的学校咨询，了解是否可以获得基于预约的支持*