



Need help? Student Assist is here for you

Students in need of help can access the **Student Assist** toll-free number for specialized services that provide confidential assistance in dealing with personal issues and crises. This number can be found in the student's My Account, making it easy to get the support they need, whenever they need it.



Crisis Support - 24/7/365 access to prompt in-the-moment services. Beginning with your first toll-free call, our master's level specialists will listen carefully to assess your needs.



Web-Based Services - Our website **LiveAndWorkWell.com** offers range of confidential help to navigate life's challenges. It includes health risk assessments, health/fitness calculators, and other helpful resources.



Self Care - Access to a digital program that provides students with evidence-based tools to help improve their mental health and build life skills. It offers immediate access to cognitive behavioral therapy (CBT) techniques that can be used on a mobile device to help manage stress and promote emotional well-being.



CollegeLife - Provides direct access to experts and referrals for a broad-spectrum of pre-screened and qualified convenience resources for students who may be experiencing issues distracting them from their studies.



Legal and Financial - Students also have access to help with issues such as mounting credit card debt, divorce and child custody matters.



Mediation - Access to national network of over 3,000 mediators to help resolve family-related disputes. All mediators are attorneys or subject matter experts. Caller may receive a free 30 minute consultation with a 25% discount for additional services with a network attorney (caller is responsible for attorney costs).

Student Assist services are provided through OptumHealth Behavioral Solutions and OptumHealth Care Solutions, UnitedHealth Group companies. The Student Assist is not a substitute for medical attention. If you have an emergency medical condition, you should call 911 or your local emergency services number.

UnitedHealthcare Student Resources does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

ATTENTION: Language assistance services, free of charge, are available to you. Please call 1-866-260-2723.

ATENCIÓN: Usted tiene a su disposición servicios de asistencia en otros idiomas, sin cargo. Llame al 1-866-260-2723.

注意：免費提供語言協助服務。請致電 1-866-260-2723。