

Life is full of SURPRISES

When life doesn't go quite as planned, contact your Student Assistance Program (SAP) for support and resources to help you cope with:

- Stress, anxiety and depression
- Family and relationship conflicts
- Grief and loss
- Substance abuse

Call anytime, 24/7, for expert guidance and support that's free and confidential.



HEALTH ASSOCIATES®

30TH ANNIVERSARY

800.832.8302

www.HHHealthAssociates.com

