$Student\ Assistance\ Program$

WEBSITE





FEATURES INCLUDE

- Comprehensive library
 of topics including
 relationships,
 communication,
 emotional resilience,
 wellness, studying
 abroad, campus life,
 and more.
- Direct access to experts through instant messaging.

Connect to resources and experts online

Resources and support are right at your fingertips with your program's website. The site offers options to instant message with or email our experts or browse a robust library of articles and resources to support your wellbeing at every stage of student life.

TOLL-FREE: **800.633.3353**WEBSITE: **mygroup.com**SCHOOL CODE: **school code**

