

If You Need Support, Advice or Just a Friendly Ear, Help Is Only a Phone Call Away.



Student Assistance Program

**The pressure from college and life can snowball.
Don't be afraid to call if you're feeling overwhelmed by:**

- Academic Stress
- Personal Stress
- Anxiety & Depression
- Family Conflict
- Relationship Conflict
- Substance Abuse

*Sometimes life is stressful.
We can help.*



**The confidential toll-free
number is available
to help you 24 hours a day,
seven days a week:
(800) 878-5470**

**You can also email us:
BayCareSAP@BayCare.org**

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