

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
- Anxiety and Depression
- Family Conflict
- Personal Stress
- Relationship Conflict
- Substance Abuse

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

Sometimes life is stressful. We can help.

You can also email us: BayCareSAP@BayCare.org

 **BayCare**
Behavioral Health