



# Student Assist

## Helping you thrive



## We listen, we care, we help

Feeling overwhelmed or facing a personal crisis? You're not alone. The Student Assist helpline is here to provide you with the confidential support you need, right when you need it. Our toll-free number offers specialized services to help you navigate through tough times, and you can easily find the number in your **My Account**. Don't hesitate to reach out—we're here to listen and support you every step of the way.



### Crisis Support

24/7/365 access to in-the-moment services is provided, and master's-level specialists will listen carefully to assess needs from the first toll-free call.



### Living Well Portal

A digital platform offers articles, interactive tools, therapy modules, searchable databases, and assessments for anxiety, depression, PTSD, and more. For more information, visit: [liveandworkwell.com](https://liveandworkwell.com)



### Calm

A renowned digital program catalog for sleep, relaxation, and meditation that incorporates evidence-based clinical content developed by licensed professionals.



### CollegeLife

We offer direct access to experts and pre-screened, qualified resources to help you with any issues distracting you from your studies.



### Legal and Financial

Get access to help with issues like credit card debt, divorce, and child custody matters.



### Mediation

Access a national network of 3,000+ expert mediators for family disputes. Get a free 30-minute consultation and a 25% discount on additional services with a network attorney (caller covers attorney costs).

## Need help?

Visit [uhcsr.com/myaccount](https://uhcsr.com/myaccount) for more information.

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：免费提供语言协助服务。請致電 1-866-260-2723。