



## Get by with a little help from us

### **Aetna Student Assistance Program**

#### **Life — it happens to all of us**

You've probably dreamed of going to college since you were little. But you probably didn't dream about all the demands that would meet you when you got there.

Some days can be tougher than others — finding the time, energy and resources to keep everything running smoothly can be a challenge. If you need some help with the everyday issues that are becoming harder to handle, or if you find yourself in a crisis situation, your Aetna Student Assistance Program (SAP) is here for you.

#### **School, work, family and friends — and everything in between**

Maybe you're feeling a little homesick and just need someone to talk to. Or maybe the pressures of academic life, dorm life or other issues are weighing heavily on you, and you need a little guidance to help you get back on track.

Only a call or click away, we can confidentially talk to you about your situation and help you find resources and information on issues including:

- Academic stress and pressure
- Personal relationships — family, friends, dating
- Life coaching
- Substance abuse and other addictions, such as gambling
- Finances, like credit card debt and student loans
- Depression, grief and general mental health
- Body image and eating disorders
- Child care services
- Divorce, custody, probation and other legal matters

## Confidential conversations

When you call your SAP, a trained professional will help you assess your needs and provide referrals to local resources at your request. We have community and professional services available, such as psychologists, family therapists and substance abuse counselors, to help you balance your school, work and home life.

## Refresh your mind — re-energize your life

Reawaken the “real you.” If you’re feeling anxious, blue or just not your “old self,” look on your SAP website for a link to our Reawakening Center<sup>SM</sup> online tool — an engaging, online source to help you assess your risk for depression, learn more about yourself, discover ways of dealing with different feelings and emotions, and access important information and tools.

## Ready when you are

We’re available whenever you are. We’re here 24 hours a day, 7 days a week either by phone or online. If it’s not convenient to call, you can find resources and self-help tools for your personal, family and work-related concerns on the SAP website. There is no charge to you for using the program. If you choose to use any referrals for additional resources, those charges, if any, would be your responsibility. Check your benefits plan for coverage of those additional services.

We’re here for you. Contact the Aetna SAP anytime.

Call us toll-free at **1-877-351-7889**, or e-mail **AskSAP@aetna.com**.

Visit **www.aetnasap.com**, then enter your school ID.

**Fully insured student health insurance plans are underwritten by Aetna Life Insurance Company (Aetna). Self-insured plans are funded by the applicable school, with claims administration services provided by Aetna Life Insurance Company.** Aetna Student Health<sup>SM</sup> is the brand name for products and services provided by Aetna Life Insurance Company and its applicable affiliated companies (Aetna).

The Student Assistance Program (SAP) is administered by Aetna Behavioral Health, LLC, Aetna Resources For Living, LLC and their applicable affiliated companies. All SAP calls are confidential, except as required by law (i.e., when a person’s emotional condition is a threat to himself/herself or others, or there is suspected child abuse, spousal or elder abuse, or abuse to people with disabilities).

[www.aetnasap.com](http://www.aetnasap.com)