



## Need help?

### ASPIRE Student Assistance has you covered.

We know you have a lot going on. On top of academics, there's work stress, family responsibilities, housing, and more.

Good thing you can turn to ASPIRE. Contact ASPIRE 24/7 for:

#### Emotional Support

- Stress management
- Anxiety and depression
- Family conflicts
- Academic challenges

#### School/Life Referrals

- Legal consultation
- Financial consultation
- Child care
- Elder care

#### Tools for Daily Living™

- Job search
- Emergency housing
- Low-cost laptops
- Community resources

## Contact ASPIRE now.

**888.470.1531**  
myASPIREonline.com  
info@myASPIREonline.com



- Complimentary
- Access 24/7
- Confidential\*
- All family members covered

\*All information shared with the ASPIRE program is strictly confidential unless student consents otherwise or law requires.

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