



By your side

Aetna® Student Assistance Program

We've got your back

We're here for you

You did it, but that doesn't mean you have to do the rest alone. After all, college is an awesome time, but it can throw you some curveballs.

So if things get a little hard to handle — like relationships or making the grade — you've got a free and private 24-hour line to talk it through. And if you ever find yourself in crisis mode, we're right there with you, too.

Your **24-hour line** to talk through the tough stuff.

Get in touch

You've got two ways to reach us — *confidentially*.



Call **1-877-351-7889 (TTY: 711)**.

Visit **AetnaStudentHealth.com**.



Sticking with you through the tough stuff

No issue is off limits

So get it off your chest while we help you get back on track.

Call us anytime about:

- Stress and depression
- Dating and relationships
- Family stuff
- Gambling, alcohol or drugs
- Eating disorders

Whatever's on your mind, we're here to listen.

The right connection

When you call, we'll get to the heart of what's on your mind, then connect you to the right person to tackle it.

We've got plenty of pros — like counselors, family therapists and substance abuse counselors — all there to help you balance school, work and home life like a pro, too.

Self-help

Not a good time to call, but not feeling like your awesome self? Then just look for the myStrength™ tool and the MindCheck® tool on your student health assistance website at **AetnaStudentHealth.com**.

You can:

- Improve your emotional health
- Deal with depression, anxiety and stress
- Blog or sign up for daily tips
- Watch videos to help you address substance abuse
- Do a simple daily check-in to see how you're doing
- Focus on the positive

There's no charge to use this program

If you choose to use referrals for additional resources, you would be responsible if there are any charges. Check your plan for all the details.

Remember: We're always ready to talk when you are.

A little help to get by. Call us anytime at **1-877-351-7889 (TTY: 711)**.

Student health insurance plans are insured by Aetna Life Insurance Company (Aetna). In MD and NJ, student medical insurance is insured by Aetna Health and Life Insurance Company (AHLIC). Self-insured plans are funded by the applicable school and administered by Aetna Life Insurance Company. Aetna Student Health™ is the brand name for products and services provided by Aetna Life Insurance Company, Aetna Health and Life Insurance Company and their affiliates.

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Policy forms issued in Missouri include: AL SH HPol-H 02.

