

LIFE LOOKS BETTER WITH MHN

IT'S ABOUT YOU

A Student Assistance Program, or SAP, is a program designed to help you manage life's challenges. At MHN, we customize SAP solutions by understanding your unique needs and then offering the appropriate assistance or referrals. The following services are available at no cost to students and their eligible dependents.

CLINICAL COUNSELING

Your SAP provides assessment, assistance and, when necessary, referral to additional services. You are entitled to face-to-face or telephonic consultations for a wide range of emotional health, family and life issues, including:

- » Stress and anxiety
- » Depression
- » Grief and loss
- » Marriage, relationship and family problems
- » Domestic violence
- » Alcohol and drug dependency

WORK & LIFE SERVICES

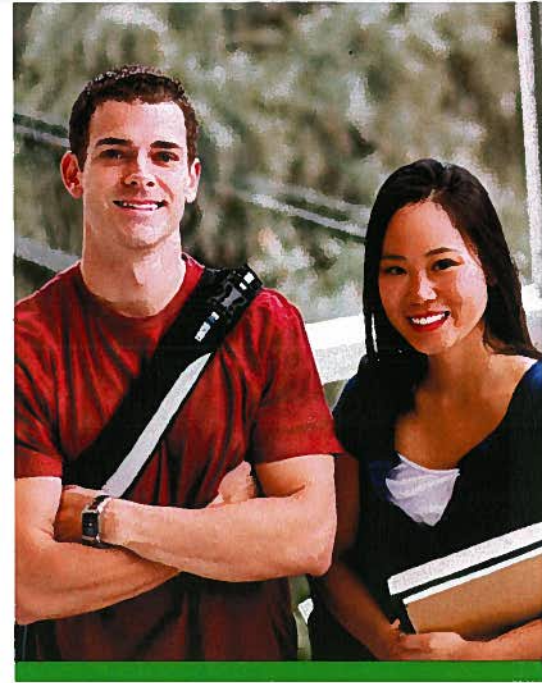
Your SAP also features services to help you balance work, life and school and take care of all kinds of chores and challenges. Telephonic consultations are available in the following areas:

Financial services – Budgeting, credit and financial guidance (investment advice, loans and bill payments not included), retirement planning and assistance with tax issues

Legal services – Telephonic or face-to-face consultations for issues relating to civil, consumer, personal and family law, financial matters, business law, real estate, estate planning and more (excluding disputes or actions between you and your school, university or MHN)

Identity theft recovery services – Information on ID theft prevention, plus an ID theft-emergency response kit and help from a fraud resolution specialist if you are victimized

Childcare and eldercare assistance – Needs assessment plus referrals to childcare and eldercare providers (depending on your plan, you may also be entitled to help with other parenting matters, and/or to referrals to providers with current, confirmed openings)



STUDENT ASSISTANCE PROGRAM

Need help?

Call toll-free, 24 hours a day,
seven days a week:

(800) 227-1060

TDD: (800) 327-0801

Eligible members are entitled to as many telephonic sessions as needs warrant, and **5** face-to-face clinical consultations per incident, per benefit period.