

## SUPPORT FOR STUDENTS

- ✓ Immediate 24/7 Counseling
- ✓ Scheduled Therapy & Psychiatry
- ✓ Wellness Toolbox



### 24/7 IN-THE-MOMENT COUNSELING

Speak with a therapist anytime for immediate, confidential support and guidance. Call **1-855-850-4301** and provide the company code **AHP1**. This service is available 24/7/365 and offered in your preferred language.



### ALC SCHEDULED THERAPY & PSYCHIATRY

Access therapy services tailored to your needs, helping you cope with stress, anxiety, or any emotional difficulties you may be experiencing. Visit the ALC Care Hub at [ringling.myahpcare.com/telehealth](https://ringling.myahpcare.com/telehealth) to get started. Your Service Key & Coupon Code: **RINGLING**



### STUDENTLIFE WELLNESS TOOLBOX

Explore tools to enhance your academic and personal growth, empowering you to thrive during this pivotal chapter of your life in college. Topics include grief and coping, legal resources, financial wellness, caregiving needs, wellness, relationships, and more through articles, webinars, podcasts, and assessments. Visit [student.mylifematters.com/login](https://student.mylifematters.com/login) and enter the company password **AHP1** to access these resources.



STUDENT CARE HUB