

## A Guide to StudentLife Services

When you or your family need useful ideas, helpful resources or reliable professional care, StudentLife is just a phone call away. Free, confidential StudentLife services include:

### Telephone and face-to-face assistance with:

- Stress, depression and personal problems
- Balancing school and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Conflicts at school or work
- Any other issue of concern in your life

### School/Life Resources:

- Financial consultation and resources to set up a budget, establish good credit, or learn more about student loan options or managing debt.
- Legal consultation with an attorney either over the phone or face-to-face for consumer law, traffic citations and fender benders, family law or landlord-tenant issues.

### Online and assisted searches for:

- Child and elder care resources and guidance
- Finding new service providers after a move

- Volunteer opportunities
- Educational resources
- Personal security
- Online calculators for a variety of analytical questions and needs
- Veterinarians, pet sitting and obedience training

The program's user-friendly, confidential services are available to you 24 hours a day, every day of the year by calling: 1-855-695-2818

Services provided directly by StudentLife are free. If you are referred to outside resources, you will be advised about your costs, if any.

**Password: BSMHSTUDENT**

Call StudentLife®\* toll free anytime. **1-855-695-2818**

Assistance with Life, Family and Wellbeing / [StudentLifeServices.com](http://StudentLifeServices.com) / Text "Hello" to 61295

Call collect to 262-574-2509 if outside of North America. TDD and language translation services are available.

 [facebook.com](https://www.facebook.com/StudentLife)

The above information is for educational purposes only and is not intended to take the place of medical advice.

\*Known as LifeMatters Student Assistance in California

