



5 Things You Should Know About CARE

- 1. It's Free**
CARE services are provided to WyoTech students at no cost.
- 2. It's Available 24/7**
For urgent matters, counselors are available day or night.
- 3. It's Confidential**
Anything you talk about with a counselor is strictly confidential and your privacy is protected by law.
- 4. It's for Your Family, Too**
Your family members can call CARE for help.
- 5. It's Easy to Use**
One phone call or email is all it takes to talk to a professional.

Get Advice and Support from Professionals

Remember: CARE is available to you and eligible family members at no cost.

Legal Consultation

Attorneys are available by phone to provide consultation on a wide range of legal matters.

Financial Consultation

Talk to an experienced financial planner for advice on personal finances, debt problems and other money concerns.

Child Care Referrals

If child care issues are interfering with school, a counselor can work with you to help solve your problem.

Elder Care Guidance

If you need legal, financial or housing assistance with elderly dependents, talk to a professional with the expertise and resources at their fingertips.

Personal Matters

Call any time you need to talk to a professional about a personal, emotional or private family matter.

CARE
Student Assistance Program

A no-cost, personal support program for WyoTech students and their families.





While college can be an exciting time in life, it can be a very challenging time as well. Sometimes the reality of attending school, combined with personal problems and the pressures of everyday life, can create a stressful situation.

A problem could be related to school, like time management or staying motivated, or it could be something else, such as anxiety, handling a separation or divorce, or a financial crisis.

At a time like that, where do you go for help? Where can you get the professional and reliable advice you might need to stay on track and stay in school?

WyoTech offers CARE, a special program that gives enrolled students direct and confidential access to counseling professionals who can help you stay focused on your goals during tough times.

With one phone call you can begin the process of being connected with a qualified counselor or mental health professional for help with a wide array of personal, legal, family or financial concerns.

Here are just some of the issues you can receive help with:

Family

- Blended Families
- Family Conflicts
- Parenting
- Roommate Conflicts
- Separation or Divorce
- Single Life or Relationships

School

- Academic Performance
- Attendance
- Balancing School and Life
- Disciplinary Referrals
- Staying Motivated
- Time Management
- Trouble Staying Focused

Financial or Legal

- Bankruptcy
- Budgeting
- Debt/Credit Problems
- Financial Planning
- Legal Forms
- Legal Resources

Personal

- Alcohol or Substance Abuse
- Anger Management
- Anxiety
- Coping with Grief
- Depression
- Feeling Overwhelmed
- Managing Stress



**If you need help, there's CARE,
at no cost to you!**

As long as you are an enrolled student at a WyoTech campus, all CARE services are provided to you and your family members free of charge.

By receiving the help you need, without the added strain or worry about paying for services, you are able to deal with issues that could seriously interfere with your school success and your future.

Should you need help beyond what CARE is able to offer, you may need to receive guidance or advice through other resources. A CARE advisor can help you determine what your next steps could be.

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