

# CARE

Student Assistance Program



## How does the program work?

You and family members may call toll free 888-852-6238 to speak with a professional about any issue that is affecting your daily life and/or academic performance. The CARE Student Assistance Program will work together with you to find a solution that meets your specific needs. For urgent after-hours help, the CARE helpline is available 24/7 year-round.

## What can I get help with?

The CARE Student Assistance Program is available to help with any concern or problem affecting behavioral health, well-being, and/or academic performance.

Typical concerns may include, but are not limited to:

- Managing stress
- Financial difficulties
- Family and personal conflicts
- Relationship issues
- Child care and elder care
- Legal issues
- Staying focused and motivated
- Substance abuse
- Depression and anxiety
- Loss and grief issues

## Who pays for the CARE services?

These services have been prepaid by your academic institution, and are free for you and your family members to use. Should you need additional help, you may be referred to school, community or additional resources. All services are free to the student and 100% confidential.

For help with personal or school-related concerns, call:

**888-852-6238**

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[www.WyoTechCARES.com](http://www.WyoTechCARES.com)



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