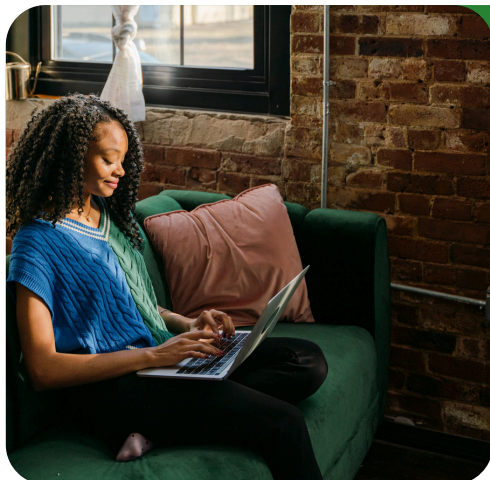




Student Assistance Program (SAP)



An SAP is a school-sponsored benefit that offers the support and resources you need to address personal or school-related challenges and concerns. ***It's confidential and free to you and your household family members.***

MY Portal

MY Portal is your gateway into MYgroup services to help you with the ups and downs of life. You'll find 24/7/365 access to your benefits with MYgroup in MY Portal. You can also reach us at our toll-free number 800.633.3353.

Assessment & Counseling

Help is available 24/7/365 through our toll-free number. When you and your family members call the SAP, you are matched with a licensed, experienced clinician. Counseling sessions are available in-person, virtually, by phone, or via chat. You have the option of using BetterHelp for your virtual or chat sessions.

Online Resources

- Resource locators
- Internet-based Cognitive Behavioral Therapy (iCBT)
- Legal center, including a free online will generator
- Financial center
- Savings center: BenefitHUB
- Health & lifestyle assessments
- Soft skills courses
- Interactive checklists
- Calculators
- Webinars
- Podcasts
- Live chat

Legal Services

- Free 30-minute telephonic appointment for legal consultation
- In most cases, 25% discount for ongoing attorney fees
- Excludes legal action against the school or SAP

Mediation

Includes a free 30-minute in-person or telephonic appointment with a mediator and in most cases, a 25% discount of the mediator's rate.

24-Hour Emergency Services

In the event of being jailed or arrested, provides access to legal providers after-hours and on weekends.

Financial Services

- Financial counseling designed to help restore financial balance to your life
- Free 30-minute session with a financial coach
- Consultation with a tax professional to address tax questions or discuss tax savings strategies

ID Theft & Resolution

The identity theft & resolution program assists consumers with fraud-related emergencies and is a comprehensive, affordable, and expedient process.