



## Support whenever, wherever

CareConnect provides unlimited guidance to help you tackle the school year with ease, at no additional cost.

Most of the time, you can manage the day-to-day of school, extracurriculars, work, and relationships on your own. But sometimes, you need a little extra support to balance it all. CareConnect, a 100% confidential resource, with no additional costs, can help.

### Access is as easy as 1, 2, 3!

Access to mental health support is just a phone call away.

**Step 1:** Call CareConnect's mental health hotline (**1-888-857-5462**) to speak with a licensed and friendly clinician, or Care Advocate, 24/7/365. Your CareConnect program can help you address various concerns, such as depression, anxiety, stress, relationship problems, or substance use.

**Step 2:** The intake process is simple, and it only takes around twenty minutes to complete. During it, you can discuss any concerns you might have. Your Care Advocate will then provide you with in-the-moment support over the phone.

**Step 3:** Finally, they will refer you to the level of care that best suits your needs. Some examples include:

- Emergency services
- Health plan provider or facility
- Community-based services



**1-888-857-5462**



**careconnect.mysupportportal.com**



**WELLFLEET**  
STUDENT

### Features

#### Web platform

Your one-stop shop for CareConnect support, resources, information and more. Create a personal profile to access the program's web or mobile platform to access on-demand training to boost well-being, search engines, financial calculators, career resources, and more.

#### Confidentiality

CareConnect's strict confidentiality standards ensure no one will know you have accessed the program without your written permission except as required by law.