



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 easy as 1, 2, 3!

Access to behavioral health support is just a phone call away. Your CareConnect program can help you address various concerns, such as depression, anxiety, stress, relationship problems, or substance use.

1

Call CareConnect's mental health hotline (888) 857-5462 to speak with a licensed and friendly clinician, or Care Advocate, 24/7/365.

You may also text SUPPORT to 51230 if you would like more information about the program or would like to schedule a call-back.

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.

3

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

- Referrals within your Student Health Center
- Emergency services
- Health plan provider or facility
- Community-based services

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.

With CareConnect you have on-demand resources, including:

- Toolkits and tips for navigating college
- Short informational videos
- Articles and courses to boost mental health and wellbeing
- Healthy recipes and fitness tips

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.



To learn more about the behavioral health solutions available through your plan, visit your school landing page today!



Scan to access the Support Portal
(888) 857-5462
careconnect.mysupportportal.com