

Feeling Anxious?

Try the below



MySSP (My Student Support Program) is available to all students. MySSP provides 24/7, free and confidential mental health and wellbeing support via the app or call 1.866.743.7732



The Office of Disability Access is committed to supporting HSC students who have encountered disability-related barriers that affect their academic and personal journey. If you are interested in getting more information, we welcome you to schedule a confidential meeting where we will happily answer your questions and help you make the best decision for you.



Talk to a trusted resource. Our Care Team is here to help not only academically, but emotionally and physically. Appointments can be scheduled online. Care Team also has a 24/7 Line: 817-735-2740



Visit OCC's Virtual Relaxation Room. Accessible from anywhere, anytime! Scan the QR code to find relaxation exercises, nature sounds and deep breathing demos.



Check out HealthiestYou to talk to a doctor or therapist by phone or video. This service is available free for students covered under the UHCSR insurance plan or for a small fee for all other students. Call 855-870-5858 or download the app