

**Your Student Assistance & Work-Life Program is ready to help and just a phone call away.
855-270-3349**

Call anytime for the peace of mind everyone deserves.

Get easy access to online services

As part of the program, you have access to a Website with hundreds of free articles, audio features, and financial calculators to help you with budgeting and investing. You also can listen to Webinars, take quizzes, download legal forms, and sign up for newsletters.



For SAP/work-life information online

1. Go to: lifesynch.com/sap
2. Enter username: unthsc (not case sensitive)
3. Enter password: unthsc (not case sensitive)

You are eligible for up to six face-to-face sessions.

SAP/work-life services are provided for all eligible students and household members.

University of North Texas Health Science Center

LifeSynch
Changing behaviors, improving lives

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Student Assistance & Work-Life Program

We're here to help



**University of North Texas
Health Science Center**

LifeSynch
Changing behaviors, improving lives

Student Assistance & Work-Life Program

Life's personal and academic-related issues don't have to make it difficult for you to get through each day. Just knowing that you have someone who can listen, understand, and suggest next steps can make a big difference.

You don't have to feel alone in facing the challenges of school, depression, stress or other work and life issues. Best of all, your university provides this confidential service at no cost to you.

When you call you'll talk with a trained professional who will:

- Ask you about your situation
- Help you clarify the problem
- Offer confidential guidance and support
- Connect you with experts who can help with work-life issues
- Refer you to a local counselor for up to six face-to-face sessions

Confidential services are just a telephone call away for you and your household members.



Some familiar life and academic issues

My budget is out of control and I can't figure out what to do.

I worry about things too much. I tend to avoid having to make even small decisions.

I seem to have a difficult time concentrating at school or home.

Things aren't as enjoyable as they once were.

I think my teenager might be on drugs.

I need help with a legal matter.

I've been depressed for months and don't know where to turn.

My mother can't live alone anymore. Where can I find help?

My stress levels are way too high.

I can't seem to get over the loss of my best friend.

I need to find an after-school program for my child.

My family problems are affecting my work.



Student Assistance/ Work-Life Program

Access is easy! 24 hours a day, 7 days a week.
Assistance with personal, academic-related, or emotional concerns.

855-270-3349
lifesynch.com/sap

Personal information about you and household members is confidential. SAP/work-life complies with state and federal requirements.