

# Simplify Your Life

If work, school and family obligations are overwhelming, contact your Student Assistance program for support, resources and information to help you cope. Services are completely confidential, and available 24 hours a day, 7 days a week at no cost to you.

**Call: 800.272.7255**

**TDD: 800.697.0353**

**Online: [guidanceresources.com](http://guidanceresources.com)**

**Web ID: PARKU**