Mental Health at ASU

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Current Status

• National data:
  • Depression increasing
  • Anxiety increasing
  • Suicidality increasing
  • Grief and loss increasing
Current Status

• Mental Health at ASU strategy:
  • Empathic and caring community
  • Impactful non-clinical experiences
  • Prevention and education
  • Accessible clinical services
Current Status (Immersion Students)

- 5 health service clinics, 4 Counseling clinics
- 8 am – 5 pm, M-F – All locations.
- 24/7 chat, phone, tele-counseling through Open Call Open Chat
- 24/7 mental health support through ASU’s dedicated crisis phone line: 480-921-1006
- 24/7 medical support through ASU’s dedicated medical on-call: 480-965-3349
- No charge for any service
On-campus

• Walk-in availability every day at any location.
• Appointments (in-person or tele-counseling) available through ASU’s Health Portal (myhealth.asu.edu).
• Services:
  • Assessment of treatment needs
  • Short-term, goal focused treatment (if indicated)
  • Referral to community providers (if indicated)
  • Support and therapy groups (if indicated)
  • Care management (as needed)
On-campus

• 38 FTE clinicians
• PhDs, PsyDs, LCSWs, LPCs, LMFTs
• 14 languages:
  • English
  • Spanish
  • Korean
  • Mandarin
  • Japanese
  • Bulgarian
  • Bosnian
  • Croatian
  • Serbian
  • Hebrew
  • Punjabi
  • Hindi
  • Persian
  • Dari
Tele-counseling

• 24/7/365 availability for chat, phone, and tele-counseling the MySSP – Open Call Open Chat.
  • Anywhere in the world
  • 6 languages for chat, dozens of languages for counseling
• Appointments (in-person or tele-counseling) available through ASU’s Health Portal (myhealth.asu.edu).
• Demographics of use mirror in-person services
Welcome to a new semester!
Whether you’re on campus or learning remotely this year, My SSP @ ASU is here to support you - anytime, anywhere.

Welcome to My SSP @ ASU
Our resources and professional counselors can help you address common concerns such as:

- Tensions with family members, friends, or instructors
- Feelings of isolation, loneliness or depression
- General stress and anxiety
- Frustration or uncertainty related to studies or post-grad plans
- Creating balance between personal and academic priorities
- Building better communication and time management skills
- Adapting to a new campus culture, learning style or city

...and much more! My SSP @ ASU connects students with free, confidential emotional health and wellbeing support conveniently available 24/7 via the app, telephone and web.
What is My SSP @ ASU?

Health assessments
Complete an anonymous assessment to get feedback on your mental health

Browse health & wellbeing content
Access articles, podcasts, infographics, and videos on the app addressing a wide variety of wellbeing topics

Access virtual fitness sessions
Free virtual fitness sessions available through LIFT

Real-time chat support 24/7
Chat with an experienced counselor at your convenience

Telephone support 24/7
Speak to an experienced counselor with a simple phone call

Receive support from a dedicated counselor for short-term sessions
Our appointment-based support allows you to connect with the same counselor over multiple sessions via telephone or video appointments.

Connect with a counselor for free today. All calls, chats, and conversations are confidential.

Get Support →
Tele-counseling

If you or someone else is in physical danger or you are experiencing a medical emergency, please call your local emergency response services immediately.

Health Assessments
Take these short assessments and get feedback on your mental health. It's completely anonymous.

- Depression Assessment
- General Anxiety Assessment
- Drug Use Assessment
- Alcohol Use Assessment

Get Support
Immediate support is available to you 24 hours a day, 7 days a week. There are two virtual counseling options: telephone and online chat.

- **Call**
  Access My SSP @ ASU anywhere, anytime. Find the phone number in your region.

  **Find my number**

- **Chat**
  Connect with My SSP @ ASU by chat message 24/7.

  **Chat Now**
Consulting and training

Devils 4 Devils
Consulting and training

Devils 4 Devils
Tele-counseling (ASU Online)

360 Life Services

Welcome, Sun Devil!

360 Life Services is a comprehensive support program that offers free, 24/7 counseling and crisis intervention in person or by phone. You can also chat at your convenience with topic specialists in legal, personal finance, childcare, education and more. This confidential resource supports your education, career and personal needs.

For immediate live services, call 833-233-9883.

Connect with 360 Life Services

- Call
  - For immediate service, call 833-233-9883. Available 24/7.

- Live chat
  - Chat directly with a 360 Life Services counselor or topic expert.

- Schedule
  - Request a counseling appointment in person or by phone with a counselor in your area.

- Explore more
  - Check out articles, articles and features on mental health, physical health, parenting and more.
Thank you

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• Office direct: 480-965-8537
• Mental health crisis: 480-921-1006