Life can be stressful.
Let’s create an environment for happier, healthier students.

Student Assistance Program

Students today juggle schoolwork, endless deadlines, finances, peer pressure, homesickness, social engagements and high expectations. When they need support, we’re the answer. New Directions’ Student Assistance Program provides phone support, web-based resources and access to experts who help students better manage their lives. And all of this is coordinated with existing campus resources, when needed.

Our Student Assistance Program helps your university:
- Increase student retention and engagement
- Improve academic excellence
- Retain competitiveness among all academic institutions
- Ensure safety and well-being of students and faculty
- Curb problematic student behavior or abuses
- Prevent crises and negative media attention

New Directions’ Student Assistance Program is free for students. It’s voluntary. And it’s all done in a compassionate, judgment-free and confidential way that works for your students and faculty.

Together is the way forward.
Comprehensive care and tools for student life.

Student Assistance Program includes:

Dedicated Helpline
When students need someone to talk to, there is always someone available around the clock. Licensed behavioral health professionals are available to listen, give advice and refer them to the resources they need.

Assessments and Referrals
When facing a challenge, it can be hard to know where to start. Assessments and referrals are available to identify students’ needs and point them to the best path to regain balance in their lives.

Short Term Counseling
Whether at home, school or an internship, students can find a provider in their community, no matter where they are in the nation. We cover the cost of up to six visits with caring, experienced counselors who can help students work through a range of behavioral health challenges.

Crisis Management
Campus emergencies can happen any time – and can be overwhelming. Onsite support is available before, during or after critical situations, so you can offer students and faculty the expert care they need in challenging situations.

Online Tools and Resources
We provide students anytime/anywhere access to more than 10,000 online resources related to relieving stress, identifying depression and more.

Relationship Support
We give students tools to help them manage relationships with their friends, roommates, significant others, family and more.

Legal and Financial Referrals
Some students deal with legal or financial issues that make staying in school a challenge. Our qualified professionals are always available to answer questions and provide advice on issues ranging from traffic accidents to debt consolidation.

Stress Toolkit
Understanding stress and its impact on happiness and productivity is a good first step in improving health. Students can access an online toolkit that includes assessments, tools and apps to identify life stressors and offer strategies for improving them.

Dedicated Account Management
New Directions’ account liaisons are always accessible to answer questions and provide administrative support. We work closely with universities to align our services and expertise with their goals.

Utilization Reports
Part of having a quality program is measuring its impact and use for your university. View quarterly utilization reports and work with your account manager to ensure the Student Assistance Program is making a difference.

Student/Leader Phone Consultation
Your faculty’s focus is providing quality education for students. That’s why we make experts available to consult with them on the best way to improve students’ health. Advice for screening and appropriately referring students is available.

Session Request Tool
Students are mobile creatures. Knowing this, we enable them to log in online to quickly and confidentially complete a referral for a Student Assistance Program session with a provider of their choice.

Why your institution needs a Student Assistance Program:

25% of students suffer from a form of mental illness, including depression

75% of college students with mental health problems do not seek help

80% of college students who either contemplate or attempt suicide show clear warning signs

*Figures based on statistics reported in 2012 by Healthline.com

Contact a Student Assistance Program expert today.
(800) 450-8706

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ndbh.com