



## Help Is Here from Your ASPIRE Student Assistance Program

To help cope with the many new changes and challenges from COVID-19, your ASPIRE Student Assistance program offers mental health support services as well as comprehensive referrals for life needs and community resources.

### ASPIRE's Emotional and Mental Health Support Services:

- Speak with a licensed mental health counselor about any personal issues
- Confidential video chat and telephonic sessions available
- Receive coping tools and strategies to address your challenges

### ASPIRE's School/Life Referrals Can Help:

- Find child care solutions in your area
- Locate low-cost laptops or other distance learning supplies
- Find local housing, food banks, and community resources
- Provide referrals for job search assistance

The ASPIRE team has also put together some national resources that may be of assistance.

### Food Banks and Nutritional Assistance:

- [Feeding America](#)
- [FoodPantries.org](#)
- [FoodBanks.net](#)
- [Supplemental Nutrition Assistance Program \(SNAP\)](#)

### Unemployment Assistance:

- [USA.gov](#)
- [U.S. Department of Labor](#)
- [Benefits.gov](#)
- [National Employment Law Project \(NELP\)](#)

### Virtual Camps and Programs:

- [Camp Wonderopolis](#)
- [Varsity Tutors](#)
- [Happy Camper](#)
- [Parents.com](#)

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For personalized assistance, **reach out to your ASPIRE Student Assistance** program today.

**Call: 888.470.1531**

Text: 858.224.2094

Email: [info@myASPIREonline.com](mailto:info@myASPIREonline.com)