

My SSP App 101: Access My SSP in 5 Easy steps



Search 'My SSP' on your device's app store and download.

Open the app and go through the initial





3

2

prompts.

Get started by **completing your profile**, including searching and selecting your school. Review the privacy agreement and if you agree, check the circle to proceed.









5

Accept push notifications to receive wellness tips from My SSP.



You are all set! You can now access My SSP, including "Featured" content each month and information about My SSP in the "More" section.

Need to talk? Click the phone or chat icons in the top right hand corner to receive mental health and wellbeing support from My SSP 24/7.



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About My S	SP		
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Rate My SSP			>
What My SSP c	an help yo	u with	>
General			>
No cost to use My SSP			>
Confidentiality			>
Call us 24x7			>
Chat online with My SSP 24x7			>
		App Ver.	2.0.20
	Contact	Q	

<u>Click here</u> for a complete video tutorial on the My SSP App