Visit ndbh.com and start giving your well-being some quality time.

For any additional questions or concerns, call 855-340-6487 or visit ndbh.com.

Our Student Assistance Program representatives are available 24/7/365.

Log in to access helpful resources and experts:
- Go to ndbh.com
- Enter your Student Assistance Program login code (request your code online or contact your student health center)

After you have logged in, you can:
- View thousands of useful resources
- Chat with Student Assistance Program representatives
- Request a Student Assistance Program session
- Email us your questions
- Access our FAQs

You’re in control of your own life now.
Let us know if you need a hand.

Personal and academic challenges can take a toll on your well-being. That’s where we come in.

The New Directions Student Assistance Program can tackle what life throws at you. In partnership with full range of emotional, psychological and behavioral support, at no cost to you. We’ll give you the help you need, whether it’s for test anxiety, roommate stress, relationship challenges or money issues.

Together is the way forward.

Student Assistance Program

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Together is the way forward.
A depressive episode made it impossible for me to go to class. I’m not sure I’d still be in school, with my scholarship, without the Student Assistance Program. If I ever have a problem, I know where to turn.

—Undergraduate Student

Getting through school can be stressful. Finding someone to talk to can be easy.

Whether you sense a life challenge is just around the corner, or you’re already knee-deep in it, the Student Assistance Program is a free source of assistance, with top-notch experts and broad support offerings in the following areas:

- Stress or social anxiety
- Eating disorders
- Relationships and family challenges
- Bullying or cyberbullying
- Life-changing events
- Legal or financial challenges
- Unhappiness or lack of energy
- Dependence or addiction
- Academic challenges
- Intimate violence

Resources for finding your best self

Evaluation and Referral
In-person or telephone assessments are available to help match you with the appropriate Student Assistance Program or community services.

Short-term Counseling
Certified, licensed and passionate professionals are available to help you manage almost any part of your life. Contact 855-340-6487 for access to in-person or telephone counseling.

Legal and Financial Service
Access to our network of attorneys and financial counselors can provide legal expertise and advice on a multitude of challenges. Connect with them easily, in person or on the phone. Or, explore a database of customizable legal documents for lowering debt, budgeting, big purchases and more.

We’re here for you around the clock

Call the Helpline
A professional is just a phone call away, waiting to match you with a provider or the resources to fit your needs. We’ll connect you with support wherever you are—where you live, work or play. Contact the helpline at 855-340-6487 any day, any time.

Start a Chat
Go online for quick and easy access to experts who can immediately point you to the right resources.

Visit ndbh.com
View thousands of resources to help you in your journey to health and well-being.

Request a Session Online
Request a Student Assistance Program session online from the comfort and convenience of your home or personal computer. The option to search for and request a specific provider is also available and will be kept confidential and private.