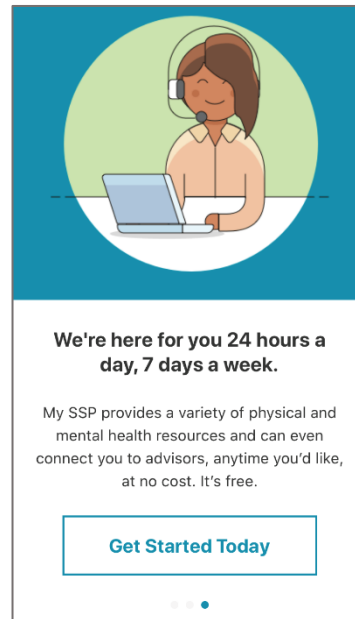


My SSP App 101: Access My SSP in 5 Easy steps

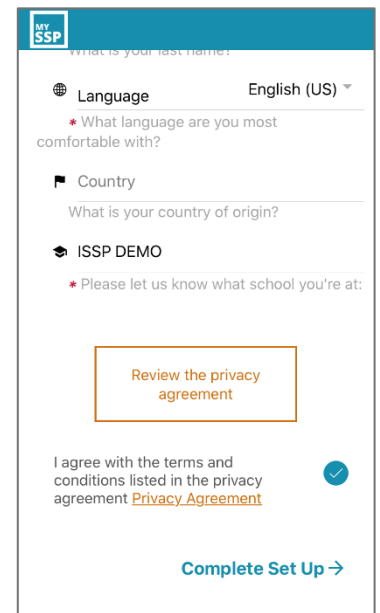
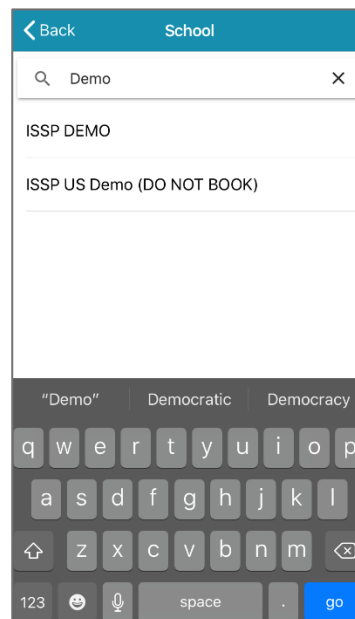
1 Search 'My SSP' on your device's app store and download.



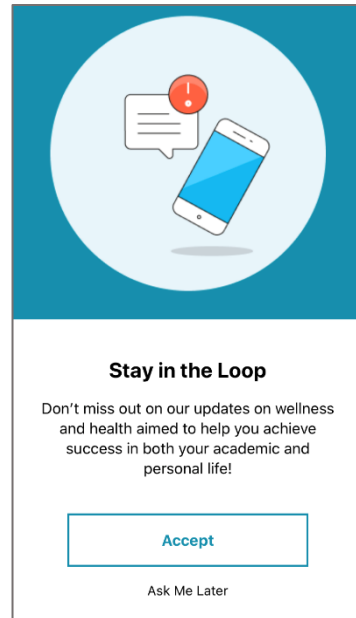
2 Open the app and go through the initial prompts.



3 Get started by **completing your profile**, including searching and selecting your school. Review the terms of use, consent, and if you agree, check the circle to proceed.



4 **Accept** push notifications to receive wellness tips from My SSP.



5 **You are all set!** You can now access content to support your emotional health and wellbeing - including assessments, podcasts, articles, webinars, and more!

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

