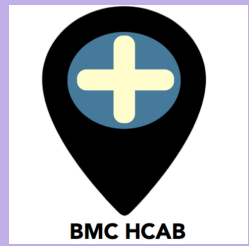


My Student Support Program (SSP)

Brought to you by the Health and Wellness Center-Counseling Service



Created by the HCAB in collaboration with the Health & Wellness Center



What is My SSP?

My SSP is a free and confidential mental health resource that allows you to connect with support quickly and easily. Counselors are available for phone and text support 24/7! This resource can be used in addition to the Counseling Services offered directly through the Health and Wellness Center.

How can I access My SSP?

My SSP is a free app that can be downloaded on any mobile device. No insurance or payment is required to download the app. This resource is available to all enrolled Bryn Mawr students regardless of location and through the academic winter break. Download the app with the QR code here!



What can My SSP be used for?



Through My SSP, all Bryn Mawr students are able to access credentialed counselors that can help address the cultural, physical, and mental challenges that can come with higher education. Students receive help in their native language regardless of their location at home, on campus, or in another country.