

Balancing school and life comes with challenges

Student Life Assistance is here to help

Your Student Life Assistance Program can help you reduce stress, improve mental health, and stay motivated in school by connecting you to the right information, resources, and referrals.

All services are free and confidential. This includes access to short-term counseling and the wide range of services listed below:

3 Mental Health Sessions

Manage stress, anxiety, and depression, resolve conflict, improve relationships, and address any personal issues. Choose from in-person sessions, video counseling, or telephonic counseling.

3 Life Coaching

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and achieve greater balance.

Financial Consultation

Build financial wellness related to budgeting, buying a home, paying off debt, resolving general tax questions, preventing identity theft, and saving for retirement or tuition.

Legal Referrals

Receive referrals for personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

School-Life Resources and Referrals

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

Personal Assistant

Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks.

Medical Advocacy

Get help navigating insurance, obtaining doctor referrals, securing medical equipment, and planning for transitional care and discharge.



AllOne Health Student Life Assistance Program

confidential, professional support for student/life matters

It can be frustrating when personal problems surface; or when you are feeling stressed, maybe near burn-out, and it is unclear where to turn for help. When challenges arise in our life that are difficult to deal with, it is comforting to have someone to talk to.

Westcliff University is proud to make available to you the AllOne Health Student Life Assistance Program, offering confidential support when you need it most.

Professional support is available on an unlimited basis, offering you peace of mind that there is always someone to talk to, 24 hours a day, 365 days a year. Counseling (face-to-face, video, phone or chat) is also available, with up to 3 sessions included per problem occurrence.

Additional Services include:

- » Financial Counseling
- » Legal Assistance
- » Identity Theft Prevention and Recovery Services
- » Resource and Referral Services for Child and Eldercare
- » Life/Wellness Coaching
- » Medical Advocacy

Please detach and retain the wallet cards below in an accessible location as a reference for when you need to connect with your Student Life Assistance Program.

When you need assistance, we are here for you!

Your AllOne Health Team

AllOne Health

Student Life Assistance Program

confidential, professional
support for student/life matters
Call 24/7 for live immediate assistance

866-780-0855

Provider ONLY phone line: 866-780-0854



Your AllOne Health Student Life Assistance Program includes up to 3 counseling sessions per issue.



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