

Interactive Screening Program

www.espyr.com

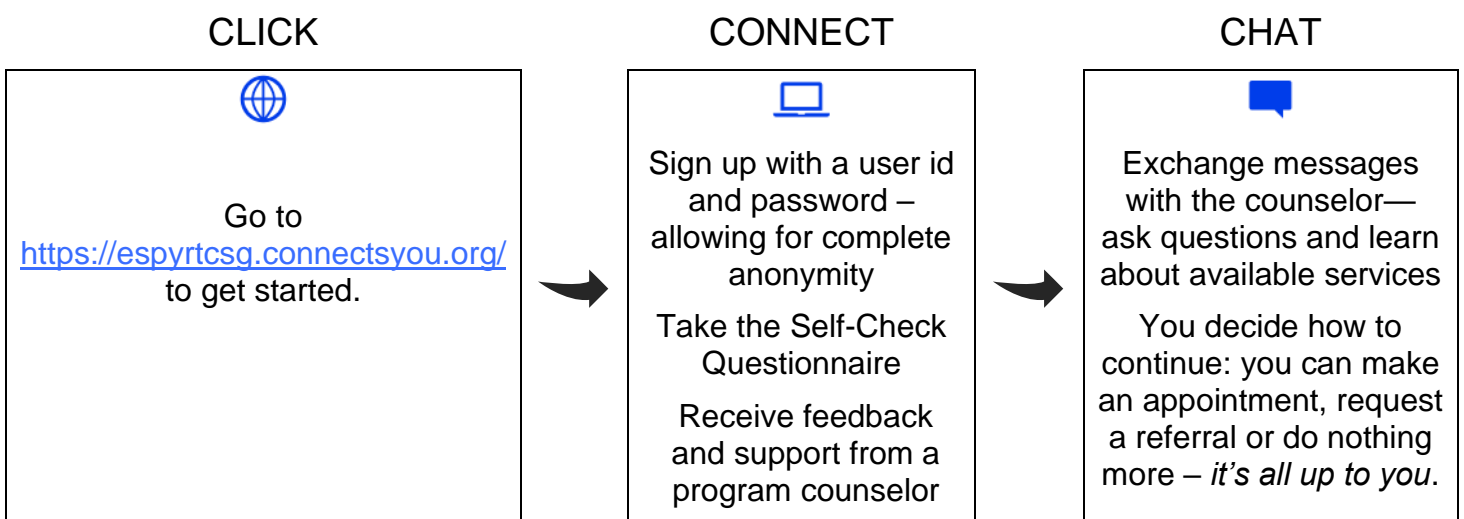
Dear Southern Crescent Tech Students,

We understand that many people are reluctant to seek help for mental health concerns. This flyer is a way of introducing a new resource that's now available to our students. Life can be stressful at times. Whatever you're struggling with – family pressures, work, relationship issues, grief, stress or financial concerns – it is easy to get overwhelmed without an idea of where to turn for support.

ISP is a safe and secure online tool that is being made available to Southern Crescent Technical College students.

It's as simple as...*Click, connect and chat!*

How ISP Works



Key Principles of ISP

Complete Anonymity

Your User ID will be unique to you and can be anything you choose. Your identity will not be known to the counselor unless you choose to share it.

Personalized Contact with Program Counselors

Instead of computerized feedback, you will receive a personal response to your questionnaire from a program counselor.

Connection and Support

Counselors will respond to the experiences you share and provide you with the support you need – whether that be someone to listen or to help connect you to other services.

Interactive Engagement

You will have the opportunity to exchange messages with the counselor through the ISP website – ask questions, get feedback and support.

Website Resources

We encourage students to access the ISP through the [ESPYR website](#), enter the Participant ID: **tigers** and click on the 7th tile (red) titled “Wellbeing Screening”. There are many additional resources available on the website to support your personal wellness and educational success.