



Call **SAM** Student Assistance by Mercy
1-855-225-2SAM (2726)

Anxious? Stressed? Depressed?
What can you do?

Drinking, drugs, depression or bad eating habits can lead to stress, anxiety and despair. You want your problems to stop but don't know where to turn.

Call SAM – a FREE 24-hour call center staffed with counselors who will assist you in getting the help you need. It's all confidential. Don't be afraid to pick up the phone and call.