

Dear Students,

We hope that your fall semester is going well and that you are staying safe and healthy. I am writing today to share information about a new mental health support resource that is now available to you.

Since our shift to remote mental health services this fall, we needed to find a way to support Connecticut College students who were studying remotely and who were living outside of Connecticut. By law, our on-campus counselors are unable to practice in states in which they are not licensed. To that end, we are pleased to announce a new partnership with Morneau Shepell to launch the My SSP app. This app offers mental health support, free of charge, to those of you who are studying remotely outside of Connecticut or internationally. Our office will continue to provide services to remote students residing in Connecticut and all those who are living on campus.

You will be able to access 24/7 confidential mental health care via chat, phone or video session with licensed counselors. Multiple language options are also available to you. The app provides support in the event of a personal crisis and also connects you with providers, offering both short and long-term counseling. If you are currently studying remotely outside of Connecticut, these services would not be available to you through Student Counseling Services. The services offered through this app are paid for by Connecticut College. **Here is how you may access the app and support:**

- Download the **free My SSP App, available on the [App Store](#) or [Google Play](#)**
  - o Through the app, you can **call or chat with a Student Support Counselor 24/7** in real-time or **schedule a telephone or video session that fits your schedule.**
  - o You can browse a digital library of helpful **articles and videos.**
  - o And, you can access unlimited Fitness Journeys through LIFT, an app-based fitness program customized to your own fitness level and goals.
  - o Or, you can call direct at 1 (866) 743-7732 (If calling from outside North America, dial 001-416-380-6578)

My SSP can help address common concerns such as:

- Adapting to a new culture
- Being successful in your academic work at the College
- Relationships with friends and family
- Stress, worry, sadness, loneliness and much more!

This short [tutorial video](#) has more information on how to use this service. Should you have any questions, please email Student Counseling Services at [scs@conncoll.edu](mailto:scs@conncoll.edu) or call us at (860) 439-4587. We wish you continued success and health this fall semester!

Regards,

Janet Dee Spoltore, Ph.D., ABPP

Director, Student Counseling and Health Services