

“I immediately contacted SOAR when my babysitter cancelled on me last minute. The SOAR specialist provided me with a list of back-up child care services, and I was so grateful to have a new babysitter show up just before I had to leave for class.”

-Trevor C.  
32, student



[www.acispecialtybenefits.com](http://www.acispecialtybenefits.com)



Complimentary  
24/7 Global Access  
Confidential  
All family members covered

**800.932.0034**  
[soar@acispecialtybenefits.com](mailto:soar@acispecialtybenefits.com)  
[www.acispecialtybenefits.com](http://www.acispecialtybenefits.com)



*student assistance*

**Need help?**  
SOAR Student Assistance  
has you covered





## Achieve your goals with SOAR Student Assistance

While college can be an exciting time in life, it can be a very challenging time as well. Sometimes the reality of attending school, combined with personal problems and the pressures of everyday life, can create a stressful situation.

A problem could be related to school, like time management or staying motivated, or it could be something else, such as anxiety, handling a separation or divorce, or a financial crisis.

Where can you go for help? Where can you get the professional and reliable advice you might need to stay on track and stay in school?

SOAR is your one-stop shop for assistance inside of the classroom and out. SOAR gives enrolled students and their families 24/7 direct access to a global network of professionals to provide emotional support, life coaching, financial and legal consultation, and a wide range of resources to balance school and life.



### Emotional Support

Talk to a professional clinician about stress, anxiety, or any personal, emotional or family matter that may be affecting your general well-being or school performance.

### Legal Consultation

Attorneys are available by phone to provide consultation on a wide range of legal matters.

### Financial Consultation

Talk to an experienced financial expert for advice on personal finances, debt issues or other financial concerns.

### Child Care Referrals

If you're looking for babysitters, day care, after-school activities, special needs programs and other child care services, SOAR can provide referrals based on your location, budget and specific needs.

### Elder Care Referrals

If you need legal, financial, housing or caretaking assistance for aging parents or elderly dependents, SOAR can provide referrals and support based on your situation.

### Academic Challenges

For difficulties with academic performance, test anxiety, focusing on studies, attendance, or balancing school and life, a SOAR clinician can give you the tools, motivation and support to overcome challenges and stay on track.

### Veteran Assistance

SOAR offers specialized assistance for veteran students and military family members.



## Five things you need to know about SOAR

- **Complimentary** – No cost to students or family members
- **24/7 Access** – Services are available day or night
- **Confidential** – All contact is private and confidential
- **Open to family members** – Any family member can use the SOAR program
- **Easy to use** – Access SOAR your way by phone, email, or online

**800.932.0034**  
**Text to 858.ACI.2094**  
**soar@acispecialtybenefits.com**

Scan this QR code with  
any smartphone to visit  
the SOAR student website.

