

# STUDENT ASSISTANCE PROGRAMME

Every student at HRC  
has access to our  
**Student Assistance Programme  
(SAP)**. It offers a 24/7 free  
and confidential helpline -  
**0800 028 3766**.

They can support on a  
host of issues such as:

PHYSICAL & MENTAL WELLBEING

RELATIONSHIPS

STRESS & ANXIETY

LEGAL ISSUES

DEBT

EDUCATION PRESSURES

ADDICTIONS



Also download the  
**My Healthy Advantage**  
app which can be found in  
both the iPhone and android  
app stores. The app offers  
ways to help improve your  
physical and mental health.  
Once you have downloaded  
the app use the code  
**MHA195873** to activate.

**hrc**

HERTFORD  
REGIONAL  
COLLEGE