



**Don't let  
stress stack up  
when the books do.**

**Coursework should  
bring out the best,  
not get the best,  
of you.**

**Contact our **FREE 24 / 7** sms service.**

**Text **"HOPELINE"** to **741741**.**

**It's that easy.**

**We are here for you.**

**Crisis Counselors are standing by.**

A free service provided by:

