Kindly, Human™
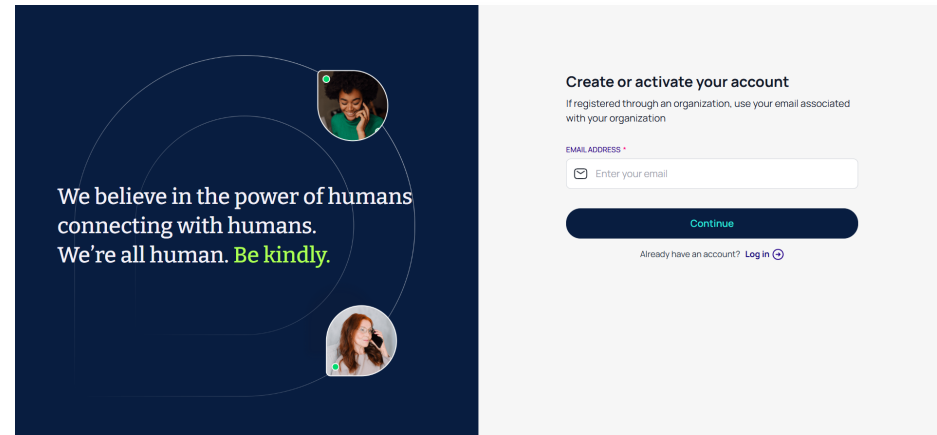
How to Sign Up

1 Go to kindlyhuman.io/ahp and click Get Started to register, or Log In if you already have an account.

2 Sign up using your school email address. You must use this email to access your benefits.

3 Check your inbox for a verification email from Kindly, Human. Click the link inside the email to verify your account.

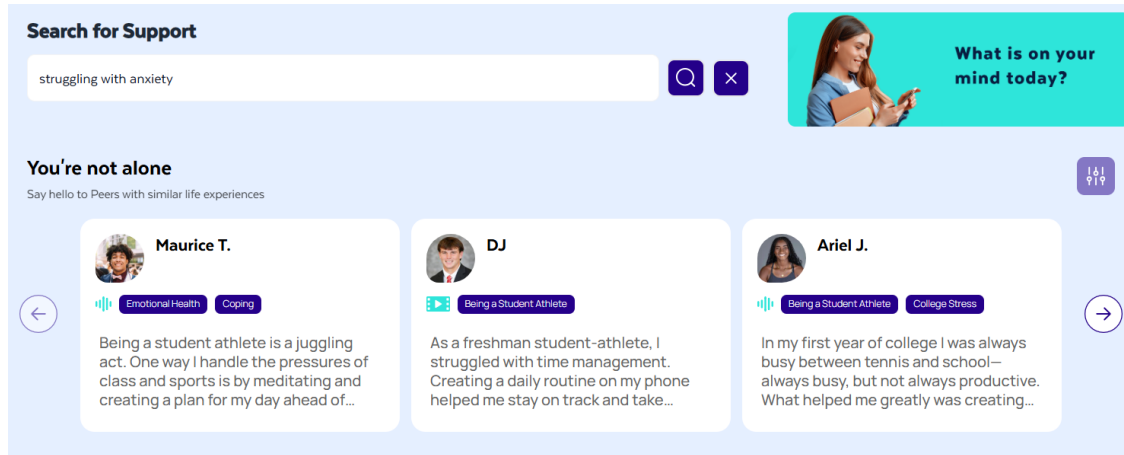**4** Set your password, and check the box to confirm you've read and accepted the Terms & Conditions. Click Continue.
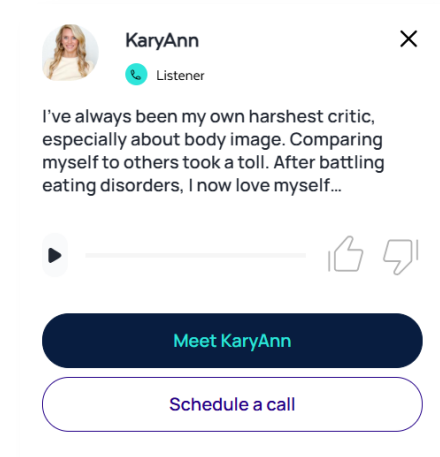
5 Complete your profile by answering a few short questions to help personalize your experience.

How to Schedule a Call

Search for Support

struggling with anxiety

What is on your mind today?

You're not alone
Say hello to Peers with similar life experiences

Maurice T.
Emotional Health | Coping

Being a student athlete is a juggling act. One way I handle the pressures of class and sports is by meditating and creating a plan for my day ahead of...

DJ
Being a Student Athlete

As a freshman student-athlete, I struggled with time management. Creating a daily routine on my phone helped me stay on track and take...

Ariel J.
Being a Student Athlete | College Stress

In my first year of college I was always busy between tennis and school— always busy, but not always productive. What helped me greatly was creating...
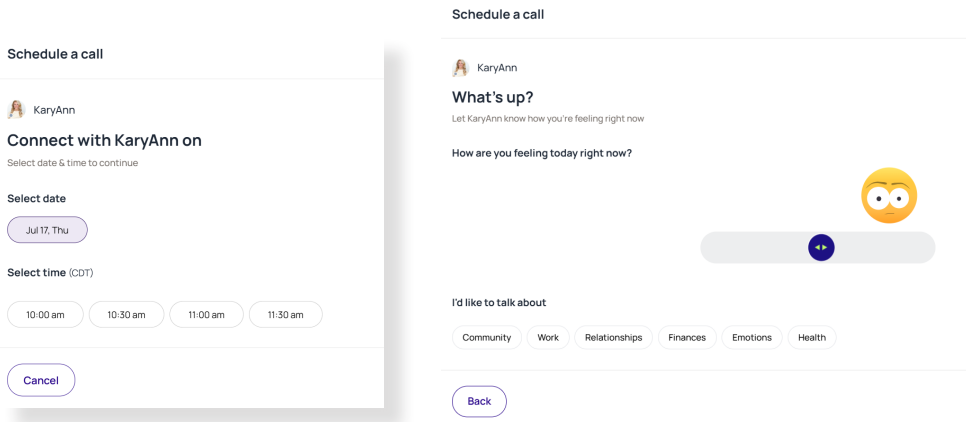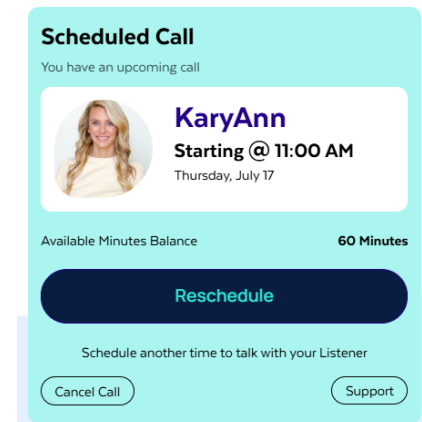
1 Search or browse for available listeners, and select your preferred peer based on their shared experiences and bio.

KaryAnn
Listener

I've always been my own harshest critic, especially about body image. Comparing myself to others took a toll. After battling eating disorders, I now love myself...

Meet KaryAnn

Schedule a call

2 Click Schedule a Call to set up a time with the Listener.

Schedule a call

KaryAnn

Connect with KaryAnn on
Select date & time to continue

Select date
Jul 17, Thu

Select time (CDT)
10:00 am | 10:30 am | 11:00 am | 11:30 am

Cancel

Schedule a call

KaryAnn

What's up?
Let KaryAnn know how you're feeling right now

How are you feeling today right now?

I'd like to talk about

Community | Work | Relationships | Finances | Emotions | Health

Back

3 Choose your preferred date and time, then complete a short intake form so the listener knows what you'd like to discuss.

Scheduled Call
You have an upcoming call

KaryAnn
Starting @ 11:00 AM
Thursday, July 17

Available Minutes Balance — 60 Minutes

Reschedule

Schedule another time to talk with your Listener

Cancel Call | Support

4 Click Schedule Call to confirm. You'll receive a confirmation email with your call details, including the time and dial-in number.

Dashboard Highlights

The main dashboard features a welcome video, popular support topics, recommended peer listeners, and quick access to benefits available through the Academic Student Assistance Program (ASAP).

- In the top-right corner, you'll see a blue circle showing how many minutes you have left this month. 60 minutes/month of talk time is offered at no cost through your school-sponsored student health insurance plan. Students are welcome to purchase additional minutes.
- The Just For You section highlights available programs and recommended resources tailored to you.
- Use the search bar to find peer listeners with shared life experiences.

RISK strategies | Home | My Programs | My Connections | 60

Search for Support

Making friends in college is harder than I thought

What is on your mind today?

Just For You

Program and Resource Recommendations

RISK strategies Academic HealthPlans Academic Student Assistance Program (ASAP)

Academic Student As...

Your 24/7 support system: ASAP provides free, confidential help for mental health, stress, and more.

Financial-Aid | Finances
Roommates | Relationships

Quizlet

Quizlet

Quizlet is an online learning platform that allows users to create, share, and study using...

Coursework | College Stress

ndi

National Disability Ins...

National Disability Institute influences thinking and behavior through pioneering research,...

Disability

Kindly, Human is offered in partnership with Academic HealthPlans.