

# My SSP App 101: Access My SSP in 5 Easy steps

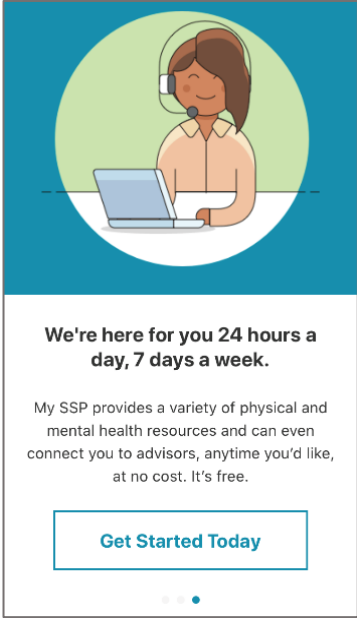
1

**Search** 'My SSP' on your device's app store and download.



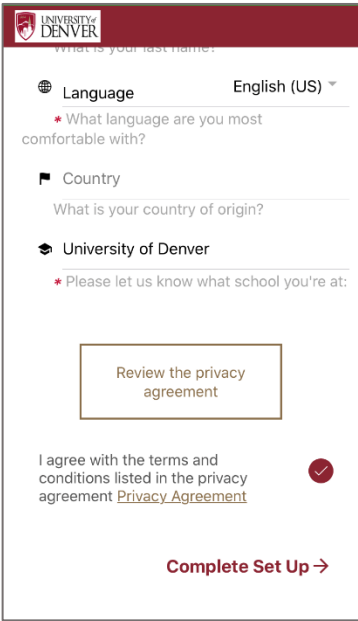
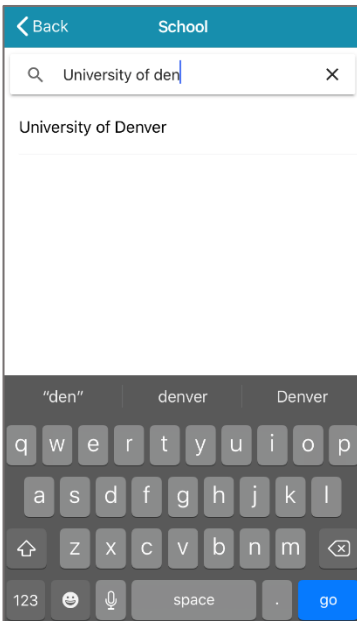
2

**Open** the app and go through the initial prompts.



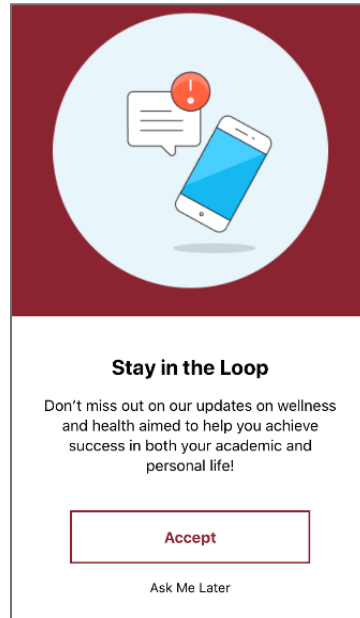
3

Get started by **completing your profile**, including searching and selecting University of Denver as your school. Review the privacy agreement and if you agree, check the circle to proceed.



4

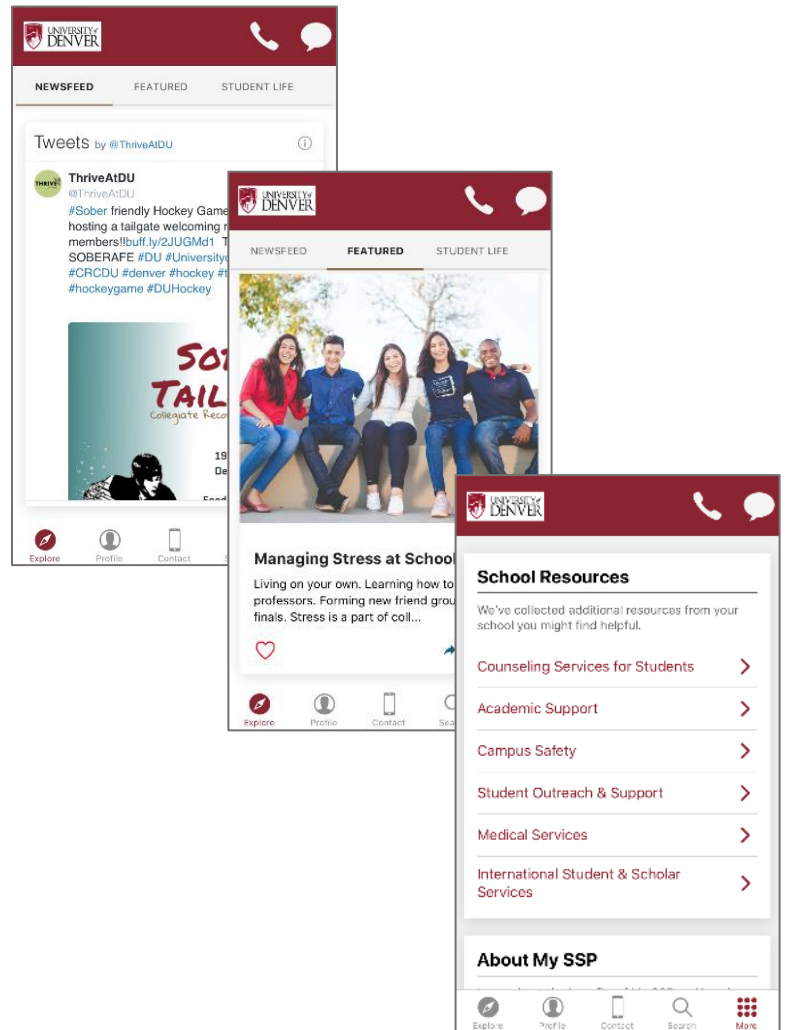
**Accept** push notifications to receive wellness tips from My SSP.



5

**You are all set!** You can now access My SSP content, including Thrive @ DU twitter feed, Featured monthly content, as well as content across various topics. Click on “More” for links to DU wellness resources.

**Need to talk?** Click the call or chat icons in the top right hand corner to receive mental health and wellbeing support from My SSP 24/7.



[Click here](#) for a complete video tutorial on the My SSP App

App