

My Student Assistance Program (SAP)

What is a Student Assistance Program (SAP)?

An SAP is here for you when you and your immediate family members are dealing with life's challenges.

You can count on your SAP for guidance and support when it comes to assessing your concerns and developing strategies for addressing any of the following:

- *School-life balance*
- *Family or relationship issues*
- *Emotional issues*
- *Alcohol and drug-related issues*
- *Other issues that interfere with your daily living, happiness, and overall well-being*

CONFIDENTIAL

NO COST

24/7 ACCESS

What Does My SAP Provide?

TELEPHONE CONSULTS

- Phone lines open **24/7/365**
- Phones answered by a **masters-level clinician**
- Make as many calls as needed (**no limit**)

IN-PERSON COUNSELING

- Receive up to **six (6) FREE in-person counseling sessions** per year
- After 6 sessions, referral options may be provided

How Do I Use My SAP?

It's **easy**. It's **free**. It's **confidential**.

Call 515.244.6090

Together, we will identify steps you can take to resolve whatever challenge life is throwing your way. We're here to help!

