

STUDENT ASSISTANCE PROGRAM

The counselor is **Available**

FREE COUNSELING ANYTIME

If you think you might benefit from the guidance of a professional counselor for any school, work, or life issue, take advantage of the free, confidential resources of your Student Assistance Program.

Your Student Assistance Program is here to help you face the challenges of balancing school with work or other responsibilities. Help is available 24/7 by calling the Helpline or through our online instant messaging portal. Our consultants will connect you with local resources for telephonic or face-to-face appointments. You may receive up to 3 sessions per separate issue per year of short-term counseling on issues including:

- Managing stress
- Relationship issues
- Anxiety, depression
- Self esteem
- School, work or life issues
- Family concerns
- Grief, trauma, loss
- Substance abuse

As with all Student Assistance Program Services, counseling sessions are completely confidential.

ONLINE RESOURCES

You can also visit the website to read thousands of helpful articles, use online training programs and complete self-assessments on stress and health.



Your Student Assistance Program provides you free, confidential access to a professional counselor anytime, any day, anywhere via phone or internet.

CALL: **866-329-4148**

LOG ON TO: **www.deeroakseap.com**