

## What does the SAP cost?

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There is no charge for services provided within the Student Assistance Program. Your school has provided short-term counseling, research, consultation and referral services for you, your family and your significant others. When necessary, you may be referred to services that go beyond the scope of this program. Charges for outside services are your responsibility. In some cases, however, your health insurance may cover a portion or complete cost of the services you require.

## How confidential is the SAP?

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No information, including your name, can be released without your written consent. The only exceptions are those required by law such as the duty of counselors to warn someone of a serious threat or the mandated reporting of child and elder abuse.



Your (SAP) Student Assistance Program Partner



### **H & H Health Associates believes...**

*We can make a significant contribution to the well-being of our clients.*

*Health is the product of both physical and mental factors affecting productivity and profitability.*

*Fully functioning associates are a company's greatest asset.*

*In treating our clients and their families compassionately.*

*We will help our clients find answers.*

*People are capable of change that can improve their quality of life.*

*In meeting the changing needs of business through our pursuit of continuing education, credentialing, and licensing.*

*There is a healing partnership between our clients and ourselves.*

**Free, confidential & available to all students.**

In-person counseling sessions by appointment.

**24/7<sup>365</sup> 800.832.8302**

E-mail: [Info@HHHealthAssociates.com](mailto:Info@HHHealthAssociates.com)  
Website: [www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)

Your (SAP) Student Assistance Program Partner

## Welcome to your SAP Services

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Your (SAP) Student Assistance Program Partner

## What is the Student Assistance Program (SAP)?

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The SAP is a confidential service designed to help students and families with personal or student/life balance issues. Your school is providing these services to help you toward an early resolution of most any personal concern.

## What kinds of issues are addressed by the SAP?

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- Stress Management
- Emotional Issues
- Depression, Anxiety, and Panic Attacks
- Elder Care Resources
- Relationship and Family Problems
- Chemical Dependency
- Eating Disorders
- Domestic Violence
- School Stress
- Career Frustration
- Child Care Needs
- Grief or Loss
- School/life Issues
- Financial Guidance
- Nutritional Questions
- Legal Guidance
- Health Coaching Needs

314.845.8302 / 800.832.8302

## Types of services included in the SAP

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### **Stress Reduction –**

Assessment of stress, burnout, and mental health issues

### **LIVE, Crisis Counseling (24/7) –**

Immediate intervention including suicide and violence prevention

### **In-Person Short-term Counseling –**

Problem solving oriented for all types of issues including individual and family situations

### **Child Care Resources –**

Research and referral for all types of child care needs

### **Elder Care Resources –**

Research and referral for all types of elder care needs

### **Legal Guidance –**

Legal consultation and referral for most non-employment related issues

### **Financial Guidance –**

Consultation and referral assistance with money management for most financial concerns

### **School/Life Resources –**

Research and referral to convenient services to help balance school and personal life

### **Online Resources –**

Library of resources, self-assessment tools, training modules, educational videos, etc.

### **Health Coaching –**

Telephonic and online health coaching on topics such as weight management, physical activity, nutrition, stress management, smoking cessation, mindfulness, healthy baby, sleep, ergonomics, heart health, diabetes, chronic conditions, etc.

## What happens when I call the SAP?

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Accessing the SAP is easy. Simply call the SAP. Counselors are available, 24 hours a day, 7 days a week. The SAP will gather some information, evaluate your needs, and suggest a possible plan of action.

## What happens next?

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The next step will depend on your unique situation. If you are calling about an emotional or family issue, the SAP counselor will always suggest a face to face meeting. This will give you a private opportunity to talk about your concerns in depth. This meeting will take place at a convenient, private office off campus.

## What about resources other than counseling?

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The SAP has a variety of professionals available to help you free yourself from personal worries. Locating day care resources, financial and legal guidance are all examples of how the SAP can assist you with school/life balance issues. The SAP also provides Health Coaching services for you and your loved ones on such issues as weight management, fitness and smoking cessation.



SAP SERVICES—Here to assist you!