



**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 individuals are an organization'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 organizations through our pursuit of continuing education.*

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

**H&H Health Associates, Inc.**

YOUR (SAP) STUDENT ASSISTANCE PROGRAM PARTNER

3660 South Geyer Road  
Suite 100  
Laumeier III  
St. Louis, MO 63127

314.845.8302 / 800.832.8302  
info@hhhealthassociates.com  
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**What do these services cost?**

There is no charge for services provided within the Student Assistance Program. Your organization 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 are these services?**

No individual 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.



**Welcome to**

**YOUR**

**(SAP) Student Assistance Program Services**



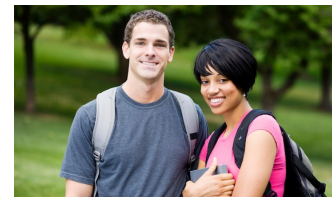
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## YOUR (SAP) STUDENT ASSISTANCE PROGRAM SERVICES...

Here to assist you!



### What is the Student Assistance Program?

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

### What kinds of issues are addressed by this service?

Most any personal problem can be addressed through this program. Some of the most common issues include:

- **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 Resources**
- **Nutritional Questions**
- **Legal Resources**
- **Health Coaching Needs**

### Types of services included:

#### Stress Reduction –

Assessment of stress, burnout, and mental health issues.

#### Crisis Counseling –

Immediate intervention including suicide and violence prevention.

#### 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 Assistance –

Legal consultation and referral for most non-college related issues.

#### Financial Assistance –

Consultation and referral assistance with money management for most financial concerns.

#### Work/Life Resources –

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

#### Online Resources –

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

#### Health Coaching –

Telephonic and online health coaching on topics such as weight management, smoking cessation, fitness, pre & post natal care, chronic conditions, gym membership and NutriSystems® discounts, etc.

### What happens when I call?

Accessing the service is easy. In-person counseling appointments can be scheduled or, if the need is urgent, our counselors are available to speak with you, 24 hours a day, 7 days a week, every day of the year. The counselor will gather some information, evaluate your needs, and suggest a possible plan of action. All you have to do is make the first call.

### What happens next?

The next step will depend on your unique situation. If you are calling about an emotional or family issue, the 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?

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

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