

Student Assistance Summary of Services



ASSISTANCE

What is a Student Assistance Program (SAP)?

Provided by BHS, your **SAP** provides you with **free, confidential, in-the-moment support** to manage life's challenges and stay happy, healthy and safe while in school.

How Does it Work?

Contact the **SAP** to receive in-the-moment support from a Student Care Coordinator, who is a master's level clinician. This Care Coordinator will confidentially assess your problem, assist with any emergencies and connect you to the appropriate resources. The Care Coordinator then becomes your personal point of contact and will keep in touch to ensure you are able to navigate all aspects of your life successfully.

Common Reasons to Call Your **SAP**

- Anxiety
- Depression
- Relationships
- Academic or career stress
- Failing grades
- Struggling with daily responsibilities
- Balancing school and parenting
- Health or body image issues
- Substance abuse
- Burnout/Anger
- Home sickness
- Suicidal thoughts

PROGRAM FEATURES:



Program Cost

This is a **FREE*** benefit provided and paid for by your institution at no cost to you.



Confidentiality

The SAP is completely confidential. BHS follows all federal and state privacy laws.

Information about your problem cannot be released without your written permission.



Available 24/7

Services are available 24-hours a day, 7-days a week via a toll-free number.

Help is just a phone call away.

Call or text to access services.

800-327-2251

MyBHS Portal

The mobile-friendly MyBHS customer portal provides access to more than 500,000 tools and resources on a variety of well-being and skill-building topics.

Features:

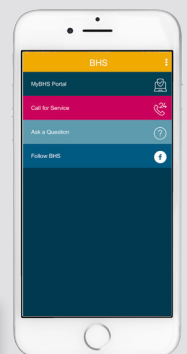
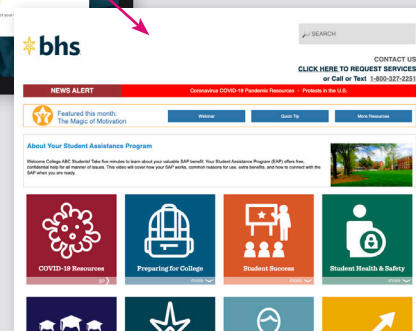
- ✓ Program Information
- ✓ Access to Live Chat
- ✓ Announcements
- ✓ Assessments
- ✓ Café Series Webinars
- ✓ Training Center
- ✓ Calculators
- ✓ Legal Forms
- ✓ News & Tips
- ✓ And more...



Access the
MyBHS Portal
online or via the app.

portal.BHSONline.com

Username:
PTC SAP



BHS

Download on the
App Store

GET IT ON
Google play

* If you require a referral for long-term treatment, costs may be incurred. These are often covered by your health insurance plan.