



# What Happens When You Call the SAP?

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

## Common Reasons to Call the SAP Include:

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

## When You Call the SAP:

- 1** You will be immediately connected with a Care Coordinator, who is a **Master's Level Clinician**.
- 2** The Care Coordinator will **assess your needs**, screen for emergencies and provide in-the-moment support.
- 3** Following the needs assessment, **the Care Coordinator will work with you to create a plan** for support and resolution.
- 4** The Care Coordinator will **assist you by connecting you to available resources** through your school, community or health insurance plan.\*
- 5** Regardless of your need, your **Care Coordinator will follow-up with you for the life of your case**. Keep your Care Coordinator's contact information handy and call him or her anytime you have a question or if you need additional support.

## PROGRAM FEATURES:



### Program Cost

This is a FREE\* benefit provided and paid for by your school 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.

**Call BHS to get started.**

**800-327-2251**

For more information about SAP services, visit us online at **portal.BHSONline.com** Username: **PTC SAP**

\* If you require a referral for treatment through your health insurance, additional costs may be incurred.

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