

For Leaders: The Student Assistance Program



What is the Student Assistance Program?

The SAP is provided by ComPsych® Corporation and offers counseling, legal and financial consultation, work-life assistance and crisis intervention services to students and their dependents free of charge.

Why provide a SAP?

The SAP offers counseling, guidance and tools for emotional, financial, legal and other issues. Helping students and their dependents ensures that these issues don't spill over into school and harm productivity or morale.

Is the service confidential?

Yes, the SAP is strictly confidential. No information about participation in the program is provided without the student's consent.

Why should leaders use the SAP?

The SAP is a referral resource when a student expresses concerns over or suffers problems due to a personal issue. As a leader, it is not your job to be a professional counselor or best friend. The SAP can handle that for you.

Why might a student or his/her dependents use the services of the SAP?

There are many reasons for students to take advantage of these services, including when they:

- Are feeling overwhelmed by balancing school and family
- Are experiencing stress, anxiety or depression
- Are dealing with grief and loss
- Need assistance with child or elder care
- Have legal or financial questions
- Have concerns about substance abuse for themselves or a dependent

Under what circumstances might a leader refer a student to the SAP?

All students can experience personal difficulties that can impact their performance. As a leader, you can suggest the SAP to a student as a confidential resource provided at no charge.

What happens when students call the SAP?

When students call, they will speak with a GuidanceConsultantSM, a master's- or PhD-level counselor who will collect some general information and will talk with them about their needs. The GuidanceConsultantSM will provide the name of a counselor who can assist them.

Can students' children use the SAP?

Yes. The SAP is a confidential benefit for students and their household family members.

