



Student Assistance Program

Struggling with a problem, concern or emotional crisis?

College life is exciting, but it can also be stressful if students are balancing class with personal responsibilities. In addition, they may be facing more serious issues like family matters, depression or substance abuse that they can't handle by themselves.

Our Student Assistance Program provide them with the right tools to help them through some of life's toughest challenges. Students can call the toll-free number for confidential, short-term professional assistance, focusing on coping skills for a full range of emotional, family and other personal issues.

The Licensed Professional Counselor can help:

- Provide confidential, short-term counseling
- Offer referrals for long-term counseling or specialized care, as needed
- Address stress, depression, family issues, substance abuse and more
- Provide assistance with budgeting and other financial concerns
- Research child care and eldercare resources
- Be available via telephone 24/7 in a crisis

Students may be referred to the appropriate professional for in-depth, long-term help.

