

# Student Assistance Program (SAP)



A student assistance program, or SAP, is a school-sponsored benefit that offers the support and resources you need to address personal or academic-related challenges and concerns. It's confidential and free to you and your household family members.

## Assessment & Counseling

Help is available 24/7/365 through our toll-free number. When you and your family members call the SAP, you are offered a face-to-face, virtual, or telephonic counseling session in which a thorough assessment can be conducted by a licensed, experienced clinician in your area. You have the option of using BetterHelp for your virtual sessions. Reasons to use the SAP include: stress, test anxiety, relationship issues, school-related concerns, depression, alcohol and drug use/abuse, grief and loss, and more.

## Online Services

- English and Spanish sites available
- 7 content divisions: Parenting, Aging, Balancing, Thriving, Living, Working, and International
- Monthly online seminars and eLearning courses with certificates of completion
- Searchable databases and resource links for childcare providers, elder care and related services, adoption resources, attorneys, certified financial planners, pet sitting, private and public high schools and colleges, and volunteer opportunities
- Over 100 streaming audio files and 100 video files covering a range of health topics
- Savings Center: discount shopping program offering up to 25% discounts on name-brand items
- Relocation Center: an interactive program that allows users to preview communities across the U.S.

## Financial Services

- Free financial counseling appointments
- Issues addressed include bankruptcy, budgeting, buying a home, college savings, retirement planning
- Educational materials and financial worksheets provided prior to appointments
- 40 financial calculators available online
- ID theft recovery through credit monitoring
- Discounted credit reports

## Legal Services

- Free telephonic legal advice
- Free 30-minute appointment for legal consultation with a local attorney
- In most cases, 25% discount on ongoing legal services
- Legal forms available to download (such as wills, request for death certificate, etc.)
- Online legal encyclopedia
- Does not cover disputes or actions involving employer, SAP or business issues

## Access Your SAP & Student-Life Services

There are two ways to access your SAP & Student-Life Services: Call 800.633.3353 or visit [mygroup.com](http://mygroup.com) > Current Participants > Student Resources > Access Student-Life Services

**Username: southwesterncc | Password: guest**