



# Student Assistance Program (SAP)



# What Is the Student Assistance Program?

*Your SAP is a state-sponsored benefit that offers the support and resources students need to address personal, school, or work-related concerns through short-term, resolution-based therapy and work-life resources.*

- **Free & Confidential** Short-Term Counseling
- Available 24/7/365
- For **Students & Household Family Members**
- Local Providers
- Legal & Financial Consultations
- Web, Phone, or Face-to-Face
- Online Resources
- Referrals



# Reasons to Use



- Resiliency & Coping Skills
- Stress, Anxiety, Depression
- Balancing School, Work, Family
- Relationship Issues
- Work-related Concerns
- Family Issues & Parenting
- Premarital & Marital Issues
- Alcohol & Drug Use/Abuse
- Grief & Loss
- Setting Goals
- Legal & Financial Issues
- Crisis Events & Life Skills



# Confidentiality



*Confidentiality is an essential part of the SAP.*

*The SAP is fully compliant with HIPAA guidelines.*

## **Only client and counselor will:**

- Know of a student's participation in the SAP without their written consent
- Have access to any of the counseling session information

## **Exceptions to confidentiality are:**

- Harm to self or others
- Knowledge of abuse or neglect of a child or elderly person





# Legal & Financial Services

## Legal Services

- Free, telephonic legal advice
- Free 30-minute appointment for legal consultation
- In most cases, 25% discount for ongoing attorney fees
- Downloadable legal forms
- Online legal encyclopedia
- Excludes legal action against the college

## Financial Services

- Free, telephonic financial advice
- Ability to schedule appointments for complex issues
- Bankruptcy prevention
- Credit report monitoring
- Debt management and planning
- General financial education materials in English and Spanish



# Features & Searchable Databases

## Features

- More than 11,000 articles
- Monthly webinars
- Will generator
- Spanish Web site
- Relocation center
- Savings center
- e Learning

## Searchable Databases

- Childcare
- Eldercare
- Summer camps
- Adoption agencies
- Education
- Pets



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Free, Confidential Help

1-800-633-3353

[mygroup.com](http://mygroup.com) > My Portal Login > Work-Life

User Name: pacer50

Password: guest

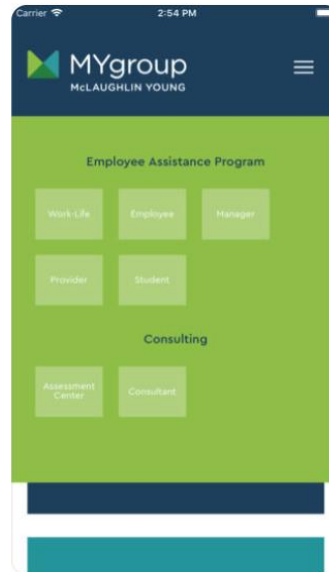
# MYgroup APP



MYgroup

Health & Fitness

OPEN



## APP INCLUDES

- Online tools, such as interactive learning modules and self-help articles
- Direction to in-the-moment support for more distressing issues

## TOPICS INCLUDE

- Accountability
- Appreciating Personality Differences
- Business Etiquette and Professionalism
- Caring for Aging Relatives
- Cultural Diversity in the Workplace
- Drug-Free Workplace Compliance
- Eating Your Way to Wellness
- Self-Care: Remaining Resilient
- Sexual Harassment Prevention in the Workplace
- The Art of Conflict Resolution







## *Campus Contacts*

### *Person County Campus*

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