

STUDENT ASSISTANCE PROGRAM

The counselor is **Available**

FREE COUNSELING ANYTIME

If you think you might benefit from the guidance of a professional counselor for any school, work, or life issue, take advantage of the free, confidential resources of your Student Assistance Program.

The SAP allows you to connect with counselors in your area for virtual, phone or face-to-face appointments. It is a safe and secure way to get short-term counseling on issues including:

- Managing stress
- Relationship issues
- Anxiety, depression
- Self esteem
- School, work or life issues
- Family concerns
- Grief, trauma, loss
- Substance abuse

As with all services of the Student Assistance Program, counseling sessions are completely confidential.

ONLINE RESOURCES

You can also visit the website to read thousands of helpful articles, use online training programs and complete self-assessments on stress and health.



Your Student Assistance Program provides students free, confidential access to a professional counselor anytime, any day, anywhere via phone or internet.

CALL: **800 633-3353**

LOG ON TO: **www.mygroup.com**

USERNAME: **blueridgecc**

PASSWORD: **password**