

STUDENT ASSISTANCE PROGRAM



Appointments are available **in-person, through video conference or by phone.**



Call or Text **800.456.6327**

Download the **Perspectives Spark App** and use the 'Get Help' option to submit a contact request.



Use the "Live Chat" feature on your Perspectives Online Portal to **instant message** with a counselor 9am-5pm CST Monday-Friday.

We offer confidential assistance to students. Your personal information is not disclosed to anyone unless you provide written consent or as required by law.

We provide counseling and resources for issues that impact your life. We can help you resolve stressful personal, family or school issues and direct you to legal, financial aid and child care resources.

SAP specialists are available 24/7 to answer your questions and provide supportive assessments.



We want you to think of Perspectives as the “Everyday Assistance People.” The SAP provides support, counseling and resources for life issues. We prioritize your wellbeing so you can focus on the people and things you value most. Our services are free, confidential and available when you need them.

Your school provides Perspectives SAP as a benefit because they value you. If you are referred to an outside resource for additional support, we'll advise you about potential costs and whether they might be covered by health insurance.



We have experts ready to help with a variety of issues:

- ▶ Alcohol and Drug Abuse
- ▶ ADD
- ▶ ADHD
- ▶ Addictions
- ▶ Anger Management
- ▶ Anxiety
- ▶ Budgeting
- ▶ Child Care Resources
- ▶ College Planning
- ▶ Coping with Change
- ▶ Depression
- ▶ Domestic Violence
- ▶ Eating Disorders
- ▶ Effective Communication
- ▶ Elder Care Resources
- ▶ Emotional Issues
- ▶ Family Dynamics
- ▶ Financial Resources
- ▶ Grief
- ▶ Homesickness
- ▶ Legal Resources
- ▶ Holiday Stress
- ▶ Marital and Couples Counseling
- ▶ Mental Health
- ▶ Parenting
- ▶ Pet Care Resources
- ▶ PTSD
- ▶ Relationships
- ▶ Stress
- ▶ Test Taking Anxiety

Log in to the Student Life Online Portal for access to online resources and information:

Username:

Password: perspectives