

What is the Student Assistance Program?



The Student Assistance Program is provided by ComPsych® Corporation and offers counseling, legal and financial consultation and work-life assistance services to students and their household family members.

Why provide a SAP?

Because we care about our students and their household family members. The SAP can be used free of charge as needed when you or your household family members are facing emotional, financial, legal or other concerns.

Are the services confidential?

Yes, the SAP is strictly confidential. No information about your participation in the program is provided without your consent.

Why might my family or I use the services?

There are many reasons to use these services. You may wish to contact the SAP if you:

- Are feeling overwhelmed by the demands of balancing school and family
- Are experiencing stress, anxiety or depression
- Are dealing with grief and loss
- Need assistance with child or elder care concerns
- Have legal or financial questions
- Have concerns about substance abuse

What happens when I call?

When you call, you will speak with a GuidanceConsultantSM, a master's- or PhD-level counselor who will collect some general information about you and will talk with you about your needs. The GuidanceConsultant will provide the name of a counselor who can assist you. You can then set up an appointment to speak with the counselor over the phone or schedule a face-to-face visit.

What counseling services does the SAP provide?

The SAP provides free short-term counseling with counselors in your area who can help you with your emotional concerns. If the counselor determines that your issues can be resolved with short-term counseling, you will receive counseling through the SAP. However, if it is determined that the problem cannot be resolved in short-term counseling in the SAP and you will need longer-term treatment, you will be referred to a specialist and your insurance coverage will be activated.

Can my children use the SAP?

Yes. The SAP is a confidential benefit for students and their household family members.

RANKEN
TECHNICAL COLLEGE

COMPSYCH[®]
GuidanceResources[®] Worldwide



24/7 Live Assistance:
Call:
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)
App: GuidanceNowSM
Web ID:

