

Student Assistance Summary of Services



ASSISTANCE

What is a Student Assistance Program?

Provided by BHS, your Student Assistance Program (SAP) provides you with **free, confidential, in-the-moment support** to manage life's challenges and stay happy, healthy and safe while in school.

How Does it Work?

Contact the SAP to receive in-the-moment support from a Student Care Coordinator, who is a master's level clinician. This Care Coordinator will confidentially assess your problem, assist with any emergencies and connect you to the appropriate resources. The Care Coordinator then becomes your personal point of contact and will keep in touch to ensure you are able to navigate all aspects of your life successfully.

Common Reasons to Call Your SAP

- Anxiety
- Depression
- Struggling with daily responsibilities
- Academic or career stress
- Failing grades
- Substance abuse
- Balancing school and parenting
- Health or body image issues
- Suicidal thoughts
- Burnout/Anger
- Home sickness

Additional Daily Living Services

LEGAL When faced with a legal matter, simply contact BHS and you will be connected to an attorney with expertise specific to your needs. **Legal benefits under the program include:**

- Free 30-minute consultations
- 25 percent off the attorney's hourly rate when an hourly rate is quoted for services beyond consultation
- In office or telephonic with local plan providers
- Each consultation must be over a new legal topic

FINANCIAL You and your household members can access unlimited telephonic financial counseling, information and education from BHS' team of highly-trained financial counselors. **Typical financial matters include:**

- Budgeting
- Debt Management
- College Funding
- Debt Consolidation
- Credit Counseling
- Retirement Funding

PROGRAM FEATURES:



Program Cost

This benefit is provided at NO COST* to you and is paid for by your institution.



Confidentiality

The SAP is completely confidential. BHS follows all federal and state privacy laws. When you speak with us, you can trust that your conversations and information will be kept completely confidential.

Information about your problem cannot be released without your written permission



Available 24/7

Services are available 24-hours a day, 7-days a week via a toll-free number.

Help is just a phone call away.

Call or text to access services.

800-327-2251

MyBHS Portal

The mobile-friendly MyBHS portal provides access to thousands of tools and resources on a variety of well-being and skill-building topics.

Features:

- ✓ Program Information
- ✓ Access to Services
- ✓ News & Tips
- ✓ Assessments
- ✓ Café Series Webinars
- ✓ Training Center
- ✓ Calculators
- ✓ Legal Forms
- ✓ And more...



Access the MyBHS Portal online or via the app.

portal.BHSONline.com
ID: **SUNYPLATTSBURGH**



BHS
Download the BHS APP here:



Or search BHS APP where you download apps.

* If you require a referral for long-term treatment, costs may be incurred. These are often covered by your health insurance plan.