

Student Assistance Summary of Services



ASSISTANCE

What is a Student Assistance Program (SAP)?

Your SAP provides you with free, confidential assistance 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 Assistance Specialist, who is a master’s-level clinician. This Student Assistance Specialist will confidentially assess your problem, assist with any emergencies and connect you to the appropriate resources. The Student Assistance Specialist 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

- Depression/anxiety
- Suicidal thoughts
- Burnout/anger
- Substance abuse
- Relationships
- Health or body image issues
- Academic or career stress
- Balancing school and parenting
- Struggling with daily responsibilities

PROGRAM FEATURES:



Program Cost

This is a FREE* benefit provided and paid for by SUNY Plattsburgh at no cost to you.



Confidentiality

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.

MyBHS Portal

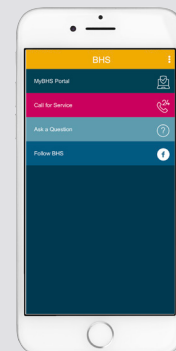
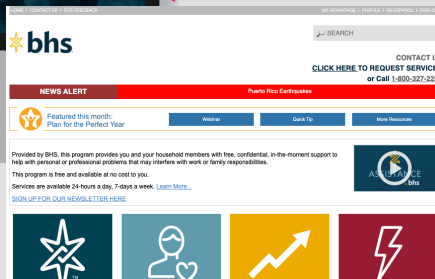
The mobile-friendly MyBHS customer portal provides access to more than 500,000 tools and resources on a variety of well-being and skill-building topics.

Features:

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



Access the
MyBHS Portal
online or via the app.
portal.BHSONline.com
Username:
SUNYPlattsburgh



BHS



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

Contact Your SAP.

Call the BHS toll-free number: **800-327-2251**

