

## MOUNTAIN EDUCATION STUDENT ASSISTANCE PROGRAM

Legacy SAP is offering 6 sessions for Mountain Education Students for \$10 a year!!!! Students of Mountain Education have the opportunity to receive short term counseling services as part of the Student Assistance Program (SAP). Sessions are offered in person or virtually. Some of problems addressed are:

- Anxiety Management
- Stress Management
- Anger Management
- Divorce/family concerns
- Stress Management
- Eating disorders/body image issues
- Bullying
- Depression
- Substance abuse issues
- Coping with Change

Sometimes it helps to have someone to talk to, someone who listens and will try to understand you and help you deal with your concerns. Student Assistance Counselors are specially trained to provide support, help one explore various issues and develop health and effective coping strategies together. They also provide information and assistance with getting one connected to outside help if needed.

Legacy's SAP operates under strict rules of confidentiality. State and federal regulations ensure that all records related to program participation remain confidential. No one will know you have visited the SAP. You, the student, retain the right to determine who will be given that information.

If you would like to sign up for our services, please contact your social worker and/or counselor and they can get everything set up for you. The first 200 students who use the services are covered through Mountain Education. Social workers and/or counselor please email at [rhoughton@hhcs.org](mailto:rhoughton@hhcs.org) or call 423-661-5465 to get services set up for your student.