

## Our promise to you and your family

Your privacy is protected in accordance with both federal and state laws regarding mental health and medical treatment records. The professionals within the Student and Family Assistance Program make every effort to protect your privacy and ensure that your participation in the program is completely confidential.

## How to reach us

Call **800-236-3231** and identify yourself as eligible for Student and Family Assistance Program services through your school.

**For your life.**  
Keeping you  
healthy, happy  
and loving life.

Brought to you through a  
partnership between your  
school and Aurora Health Care.

Legally, services must be scheduled by an adult member of the family. Any child served through the program must be seen with a parent or legal guardian.

 Aurora Health Care®  
**For your life.**



**Helping  
you nurture  
a healthy home.**

Student & Family  
Assistance Program

 Aurora Health Care®  
**For your life.**

# Welcome

## to the Student and Family Assistance Program

A healthy home and family life helps to nurture academic excellence. To promote healthy homes, minds and families, your school is proud to offer the Student and Family Assistance Program. Sponsored by the Employee Assistance Program of Aurora Health Care, the counselors of the Student and Family Assistance Program have been serving Wisconsin families for more than 25 years.



### How it works

The Student and Family Assistance Program is available at **no charge** to all students and families residing in the same household.

Help begins when a family member or legally responsible adult calls the program. Based on your needs, our specialists will:

- Connect you by phone with a professional counselor who will consult with you.
- Schedule a confidential appointment with a program counselor for you or your family. Many times, a family's concerns can be resolved within program sessions, saving time and money.
- Assist with an insurance or community based referral, if your situation requires further treatment or additional resources.

All services are **confidential**. No information about you or your family situation will be shared with school personnel without your permission.

To learn more about these services, visit [aurora.org/eap](http://aurora.org/eap) or call **800-236-3231**.

### When to use the program

This varies from person to person. Generally, it's wise to seek help when a problem:

- Interferes with normal activities
- Occupies too much of your time
- Persists for more than several weeks

Typical concerns may include:

- Academic pressures
- Alcohol/drug issues
- Anxiety and depression
- Child/family issues
- Divorce/blended families
- Marital/relationship issues
- Parenting issues and questions
- Stress management

### Additional services

#### Seeking a healthy balance

The following services are available to help families quickly and conveniently address other issues that may impact their lives:

- Adoption information
- Child care resources
- Elder care resources
- Financial consultation
- Legal consultation and mediation