

Introducing The Student & Family Assistance Program

PROVIDED BY
Aurora EAP and Marquette University High School
A Free & Confidential Resource for Students & Families

- **Finding a Better Way:** Life is filled with change and uncertainty. The responsibilities and demands on our time can be overwhelming. It happens to all of us. Calling the Aurora SFAP can be the first step towards taking charge of a situation that is negatively affecting your family's health and well being.
- **Eligibility:** The SFAP is available to any family with students enrolled at Marquette University High School.
- **When to use the Aurora SFAP:** This varies with each family. Generally, it is wise to seek help when a problem occupies too much of your time, interferes with normal activities, or persists for more than two to three weeks. We can help with:
 - ❖ Relationship Issues
 - ❖ Academic Pressures
 - ❖ Anxiety & Depression
 - ❖ Alcohol or Drug Abuse: Yours or a Family members'
 - ❖ Elder Care
 - ❖ Marital Conflict
 - ❖ Child/Family issues
 - ❖ Divorce
 - ❖ Financial Pressures
 - ❖ Legal Consultation
 - ❖ Difficulty with School or Peers
 - ❖ Child Care
 - ❖ Blended Family Concerns
 - ❖ Locating Resources
 - ❖ Assessment & Referral
 - ❖ Information & Support

SFAP is a free, confidential benefit for you and your family. You can have up to 6 sessions with an SFAP counselor. If you or a family member need assistance beyond the scope of the SFAP, you will be referred to appropriate resources. Your privacy is protected in accordance with both federal and state laws regarding mental health and medical treatment records. When you call, identify yourself as eligible for SFAP services through MUHS.

Call (800) 236-3231 8:00 to 5:00 Mon -Fri to schedule an appointment