

# Meet your student assistance professional, Sal Michael

## What does a student assistance professional do?

- Provide a confidential and nonjudgmental space for students to share what's on their mind or what's happening in their life
- Support students who are dealing with mental health challenges or who are using substances like drugs and alcohol.
- Meet with students one on one and in small groups
- Educate students on mental health, stress management and coping skills
- Connect students and their families to community resources

## How can students get a hold of me?

Come on down to room 17.5 say hi! If I'm not there, fill out a green "I want to talk to Sal" slip and place it under my door. I'll follow up with you as soon as soon as I can.

