

# What do SAP counselors do?

SAP counselors provide mental health services to students and families. Which include individual and group counseling. We also help with emotional regulation skills, & help create positive social communities to build resilience in school



## Things to know about SAP

SAP referral cut off mid April

## Students who would benefit from SAP:

- Grief and loss
- Trauma
- struggling with emotions
- adverse family situations
- Previous mental health diagnosis
- one on one mental health need
- suicidal thoughts or self injurious behaviors
- students in need of mental health check ins
- students experiencing family or personal crisis

# Meet your New SAP Counselor



How to reach us me:

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SAP Counselor

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