



Helping you  
nurture a  
**healthy  
family.**

800-236-3231  
[aah.org/eap](http://aah.org/eap)

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

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.



KV1252 (10/20)



## Student and Family Assistance Program (SFAP)

A free and  
confidential resource



# We can make a difference for students and families.



## A healthy home and family life can nurture academic excellence.

To promote healthy homes, minds and families, your school is proud to offer the Student and Family Assistance Program (SFAP). Sponsored by the Employee Assistance Program (EAP) of Advocate Aurora Health (AAH), our counselors have been serving families for more than 25 years.



### How it works

The SFAP is available at **no charge** to all students and family members residing within the 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 diagnostic or ongoing treatment.

All services are **confidential**. No information about you or your family situation will be shared with school personnel without your permission in accordance with state and federal law.

### 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:

- Parenting support and coaching
- Academic pressures
- Alcohol/drug issues
- Anxiety and depression
- Child/family issues
- Divorce/blended families
- Marital/relationship issues
- 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:

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



### 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 SFAP 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 SFAP services through your school.

To learn more about these services or to schedule an appointment, please call **800-236-3231**.