



Student and Family Assistance Program (SFAP)

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

That's why your school is proud to offer the Student and Family Assistance Program: a free and confidential resource, provided by BPA Health. The program is designed to provide short-term and solution-focused assistance for students and their families.

To learn more, or get an authorization
for services, please:

Call
833-935-3816

Visit
bpahealth.com/sfap

How it works

The program is available, at no charge, to all students, parents, and siblings under age 26, beginning when a family member or legally responsible adult calls the program.

Our specialists can connect those in need with professional, face-to-face or virtual counseling (up to 5 free sessions) and local resources, as well as referrals for any necessary further services (legal, financial, and work/life).

When to use the program

Situations vary from person to person. Generally, help is advised when a problem interferes with normal activities, occupies too much of a student's time, or 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

A variety of other resources are also available, ranging from adoption information, to child and elder care, to financial and legal consultations.

Referral Pathways

You are a valuable support to students and families in your school district. If you've identified a student or family that could benefit from our services, please refer the parent or guardian to **contact us at 1-833-935-3816** to get started.

Our Promise

The student's privacy is protected by law. Program professionals will ensure that your participation in the program is completely confidential.