

# Call your ComPsych® GuidanceResources® Student Assistance Program



## Call Anytime for Confidential Assistance

Personal problems, planning for life events or simply managing daily life can affect your educational goals, health and relationships with your family. As a Pacific Oaks student, GuidanceResources is a no-cost benefit that is available to you and your dependents to provide confidential support, resources and information to get through life's challenges. The information within this document will explain how GuidanceResources can help you.

## Confidential Counseling on Personal Issues

Your SAP (Student Assistance Program) is a confidential counseling service to help address the personal issues you are facing. This service, staffed by experienced clinicians, is available by calling a toll-free phone line 24 hours a day, seven days a week. A GuidanceConsultant<sup>SM</sup> will listen to your needs and, if appropriate, refer you to resources in your community. Call any time with personal concerns, including:

- › Relationships
- › Problems with your children
- › Substance abuse
- › Stress, anxiety or depression
- › Major life changes
- › Marital conflicts
- › Grief and loss
- › Empty-nesting

**For more information, contact the CARE Office.**



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