

# Student Assistance Program: What It Is And How You Can Use It



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EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



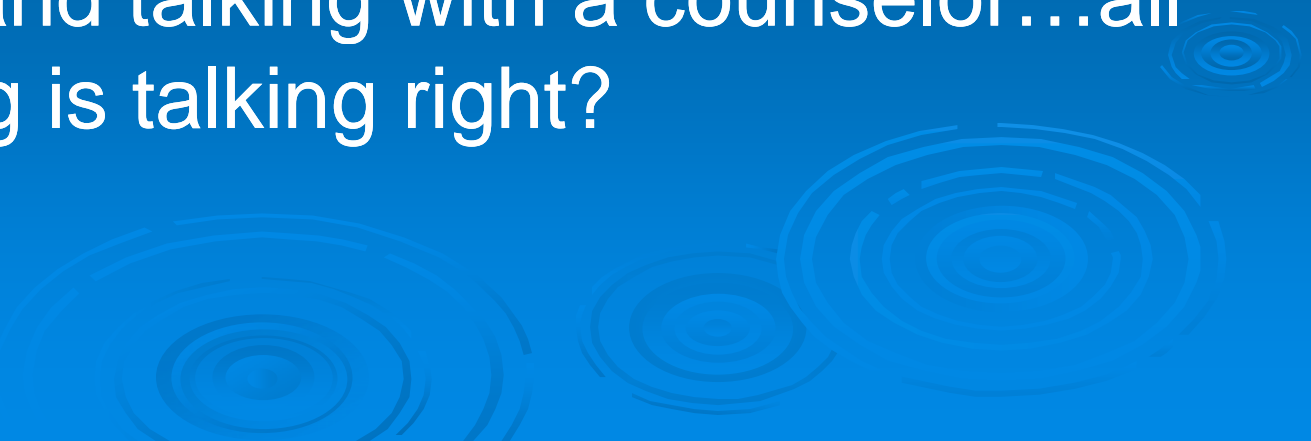
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# Fact or Fiction

- I must have a mental illness to see a counselor.
- My concern with (\_\_\_\_\_) isn't important or serious enough to talk with a professional.
- Everyone can benefit from counseling.
- Counseling uses a wellness approach aka everyone has strengths and could benefit from having a supportive person to talk with about their concerns.

# Facts

- We promise that no concern is too “small”!
  - Judgment free zone!
  
  - What’s the difference between talking with my friend and talking with a counselor...all we’re doing is talking right?
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# Possible Reasons to Use SAP

## ➤ Major Choice or Career Path

- Discuss values, interests, abilities
- What you'd like your life to look like and how to get there
- What major will be a good option for your occupational goals
- Is your current path the best fit for you right now



## ➤ Relational Challenges

- Dynamics between family members, loved ones, friends, co-workers



## ➤ Transitions

- Attending PCC
- Moving to a new area
- Acclimating to changes in lifestyle or events
- Grief and loss
- Anticipated and unanticipated transitions



# Other Topics

- Sleep Trouble
- Mood Changes
- Anxiety
- Self-Esteem
- Academic Performance
- Eating Disorders
- Anger Management
- Depression
- Drugs and Alcohol



# Counseling Information

- Initial sessions are conducted by SAP counselors
- If student needs consistent counseling services, they will be referred to a local community agency (3 free)
  - Students without insurance will not be denied services!
  - Students who may have insurance but don't feel they can afford the cost of counseling can ask for a sliding scale.



# Benefits of Counseling

- Un-biased person to speak with
- Confidential safe space to express and work through concerns
- Greater self-awareness and empowerment
- Increased self-esteem
- Space to identify goals and create an action plan
- Reduce stress

# Sample Concerns

## ➤ Social Alienation

- Connection with campus and community events and activities

## ➤ Financial Stress

- Safe space to express concern
- Refer to area resources available to assist



# PCC's Mission

Educate and empower people for success

- in life
  - higher education
    - the workforce
- and a global economy



Questions?



# SAP Counselors

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