

NEW!

REMOTE COUNSELING

Address emotional, behavioral, relationship, substance use & anger management issues

Appointments: 410.583.2222

FREE for credit students

WE ARE HERE TO HELP.

Are you experiencing any of the following?

- Concerns about relationships
- Problems with school or studying
- Questions about your future
- Questions about your sexuality
- Wanting to improve your family relationships
- Wanting to be more assertive or improve your self-confidence
- Eating too much or too little
- Consuming alcohol or other drugs more than you'd like
- Difficulty balancing all the demands of college
- Thinking about ending your life
- Grieving over the death of someone close to you
- Concerned about someone close to you
- Carrying a secret that you've never told anyone, but wish you could share

On-site counseling services will resume when the college campus reopens.

bhs  Resource Library
bhsonline.personaladvantage.com




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401 Thomas Run Road
Bel Air, Maryland 21015
www.harford.edu

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WELLNESS RESOURCES

Help is a phone call away.

THE STUDENT ASSISTANCE PROGRAM (SAP) **bhs**[™]

The Student Assistance Program (SAP) provides in-the-moment support to help students navigate the everyday challenges that can interfere with the ability to learn and thrive.

Manage Life's Changes

Harford Community College is committed to the health and well-being of our students. We realize that everyone encounters challenges or difficulties from time to time, whether personal, family or school-related. That is why we have partnered with BHS to deliver a program designed to help you effectively manage life's challenges.

Everyone experiences occasional difficulties.

Harford's SAP services are a free College sponsored benefit that provide you with an easily accessible, safe and highly confidential means to assist with any of life's challenges and personal problems that may interfere with school, work or family responsibilities. You will have access to confidential assistance to manage life's challenges and stay happy, healthy and safe while in college.

What Happens When I Call the SAP?

Accessing services is confidential, safe and easy.

Contact BHS by calling **800.327.2251** and you will be immediately connected to a BHS Care Coordinator; a master's-level clinician is ready to assist you. The Care Coordinator will listen to you, assist with any emergencies, assess the problem, and connect you to the appropriate resources. The Care Coordinator then becomes your personal point of contact and will keep in touch to ensure you are satisfied with all services provided.

-  **1** Initial Call to BHS
-  **2** Assessment
-  **3** Problem Resolution

Student Assistance Program: Cost, Confidentiality and Availability



Program Cost

Services are free; however, if you require a referral for long-term treatment, costs to the student may be incurred. These are often covered by your health insurance plan.



Confidentiality

Student access to services are confidential and identities are secured and protected.



Availability

Services are available 24 hours a day, 7 days a week.

SAP MyBHS Portal

Please visit HCC's dedicated SAP web portal to become familiar with BHS' services and their approach to care. To access the portal, visit portal.bhsonline.com (username: **OWL**).



ASSISTANCE

Benefits

- Short-term face-to-face, telephonic or video counseling services
- Referral service
- Web-based student portal
- Unlimited, toll-free, telephonic consultation
- Access to a panel of SAP professionals nationwide
- 24/7, 365 days a year access to SAP services

Common Reasons to Contact Us



Relationships

Classmates/friends
Dating
Family/parents
Professors/teachers



Transitions

Grief/loss
Health/illness
Marriage/divorce
School and parenting



Risks

Depression/anxiety
Suicidal/homicidal
Burnout/anger
Substance abuse



Challenges

Bullying/peer pressure
Confidence/image
Financial/legal
Stress