

How Do I Get Help for a Friend?

If you feel that a friend or even your brother or sister needs help, go to the school office and ask to speak to a member of the student assistance team. If you do not know who at your school is on the team, ask any of your teachers, your school nurse, counselor, coach or principal.

It's never easy to tell someone that they need help, but that's what being a friend is all about. If your friend is afraid to ask for help, you can talk to someone on the student assistance team about how to help them.

Privacy: The staff on the student assistance team will respect you and your parents' or guardian's privacy at all times. No one other than the student assistance team and the adults at school who need to know will know that you are involved in the program.

To obtain additional copies of this pamphlet, call voice (717) 783-6777 or TTY (717) 783-8445



For local SAP team information contact:

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Being a teenager can be stressful at times. Sometimes the many changes and pressures you face can be overwhelming.

The Student Assistance Program is here to help.



A Guide for Students

The Commonwealth of Pennsylvania
Departments of Education, Health and
Public Welfare

www.sap.state.pa.us

What is the Student Assistance Program (SAP) Team?

The Student Assistance Program is a group of school and community agency staff who are here to help you deal with problems that are stopping you from doing well in school or that are stressing you out. Maybe you read about the student assistance program in your student handbook or you see signs posted around your school.

You may feel uncomfortable or embarrassed to ask for help. But if you know how and where to find help, you can take an important first step.

Do you or a friend have problems:

- Keeping your grades up
- Not feeling like hanging out with friends or family
- Not enjoying your favorite activities like you used to
- Not getting along with others
- Being bullied or harassed
- Feeling like you just can't seem to get it together
- Experimenting with or using alcohol or other drugs
- Adjusting to a new school
- Having someone in your family or someone close to you serving in the military

- Having thoughts of hurting yourself or someone else
- Feeling emotionally overwhelmed
- Always worrying
- Thinking about suicide
- Dealing with the breakup of a relationship
- Because someone is hurting you physically or emotionally
- Dealing with major changes in your family like your parents' divorce
- Dealing with the illness or death of someone close to you

How Do I Get Involved?

Anyone can refer someone for help. You can even ask for help yourself or a friend. Teachers and other school staff who are worried about someone can refer them. You can go right to someone who is on the student assistance team to ask for help.

If you are worried about talking to your parents/guardian about your problems or about being involved in student assistance, someone on the SAP team can help you talk to your parents/guardian. There are many people here at school who care about you and want to help.

What Happens After I am in the Program?

Together you, your parents/guardian, and the SAP team will figure out ways to help you deal with the problems you are facing. This might include getting involved in activities in school like a support group or working with a mentor or tutor. The SAP team can also help you and your parents/guardian find services in your community that can help such as a professional counselor.

The student assistance team will check in with your teachers to see how you are doing in their classes and other activities. The student assistance team will also stay in touch with you to support you.

What if I am Already In the Program?

First, know that you were referred because someone cares about you. They have noticed some changes in your behavior or habits and want to help you be successful both in school and out of school. Participation in student assistance is voluntary. The student assistance team will contact your parents or guardian to provide them with information about the program.