

*Concerned about YOURSELF or a FRIEND?...*

*Noticing you are having trouble being successful in school because of all the other things going on in your life?...*

*Wanting to get some support for your mental health but not sure where to go to get it?...*

## **The SAP Team is Here to Help!**

### **What is SAP?**

SAP is the Student Assistance Program. It's a group of people here at John Harris who love and care about you, and are here to support you. We are here to talk, to be listeners and to help you get what you need to be successful. We can help you get hooked up with services here in the building or closer to home and we can get you in touch with the helpers in your lives to increase the positive energy surrounding you!

### **How can I get connected to SAP?**

You can fill out one of our blue forms - - they are located in most of your classrooms as well as the main office, the nurse's office and inside your guidance counselor offices. Drop the completed form in one of the BLUE Drop Boxes – located in the Nurses office as well as the Social Services Suite – room 158. These boxes are checked DAILY by SAP team members.

### **Do I have to have my parents/guardians involved?**

Yes and No. For some of you the SAP team may be able to get you connected with some supports here in school or within the community without parent permission. However, for some services we need your parent's permission to proceed with getting support in place. If you are feeling worried about making a referral for yourself or a friend, to reach out to a SAP Team Member or Mentor; they can answer questions for you!

### **I'm worried about a friend of mine – can I fill out a form for them without them knowing about it?**

YES! Anyone can fill out a SAP form – it is up to you if you want to give us your contact information as the person who did the referring. The process is confidential – if you have a serious worry about a friend, and you know they need help, this is the first step to helping them get the support they need.

### **How long does this process take?**

To fill out the form – a few minutes! The SAP team meets weekly every Friday, so at the most it might be a week until you would hear from someone connected with SAP. That is why this process is not for anyone experiencing a CRISIS situation. The SAP process is about connecting students with necessary supports, not diagnosing or treating them.

### **What if I need help NOW?**

If you or a friend are not SAFE or are in immediate danger call 911 or get to the Nurse's office immediately. Once the crisis situation is over, the Nurse can help you get connected with SAP – but we want to make sure you are SAFE first!

### **How can I find who is involved in SAP?**

All members of our team, as well as all mentors who work with our team have these logos on their doors. We are located throughout the building, so there is a good chance you are closer to help than you think! Feel free to reach out to us when you need us. We are here for YOU, and we are just some of the helpers in the building dedicated to your success!

