

IHP Student Assistance Program

866-724-4327 | eap.partners.org

EAP WORK&LIFE RESOURCES

The IHP Student Assistance Program (SAP) is a free and confidential student-life and well-being program offering short-term counseling, educational programs and referrals. The Student Assistance Program aims to help students succeed in their education by providing support outside the classroom.



School, Work and Life Challenges

Financial and legal / Homesickness / Stress
Sexual orientation and gender identity



Family and Relationships

Relationships / Concern for a friend or family member
Parenting / Grief and loss / Domestic violence



Well-being

Stress and resilience / Healthy living / Burnout
Addictions / Depression, anxiety and emotional health

The IHP Student Assistance Program is committed to Your Health and Well-being

"Here for you...Help for you."

Visit eap.partners.org for more information.



Who can use the SAP?

Full and part-time MGH IHP students.

When can I talk to a SAP Counselor?

Appointments are available weekdays in-person, by phone and video. Call Monday through Friday, 8:00 a.m.- 5:00 p.m. to schedule an appointment. We also offer 24-hour on-call crisis response. Appointments can be scheduled at any EAP office.

Will anyone know I have used the SAP?

Contact between you and the SAP is confidential. No information can be reported about you or your use of the SAP to anyone without your written consent, except when required by law. Nothing is included in your medical record or academic file.

On Campus / Navy Yard Services

IHP SAP offers sessions two half days a week on the IHP Campus. Services include Assessment, Short-term Counseling (up to six sessions) and Referrals. Sessions are action-oriented to help relieve symptoms of stress, restore emotional well-being and improve scholastic performance.

Online Resources

Visit our website for helpful information, resources, self-assessment tools and upcoming training dates. Throughout the year we lead webinars and other educational workshops.

Resources for Families

The SAP assists parents after maternity or paternity leave and offers other supports to families. See the EAP website for information about lactation room locations, childcare and eldercare resources.

Domestic Violence / Sexual Assault Intervention

The SAP provides customized support and resources to students.

**Schedule a confidential in-person,
video or telephone appointment:**

Call 866-724-4327

OR

Visit eap.partners.org

and complete the appointment request form.

We serve Mass General Brigham.

Call or check our website for a list of office locations.