

## Contact us



Schedule a confidential in-person, video or phone appointment.

### **In the moment support.**

The SAP is here for you 24/7; you can call **866-724-4327** at the time that is right for you.

Visit [eap.partners.org](https://eap.partners.org) to request an appointment online.



### **We serve Mass General Brigham.**

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

Here for you...  
Help for you.

The SAP is committed to your emotional well-being.

# IHP Student Assistance Program (SAP)

**The SAP** is a free and confidential student-life and well-being program offering short-term counseling, educational programs and referrals. Whatever is troubling you, you don't have to face it alone.

Help is available 24 hours a day, 7 days a week.



# About SAP

## **Who can use the SAP?**

Full and part-time MGH IHP students.

## **When can I talk to an SAP Counselor?**

A highly trained counselor is available 24/7, 365 days of the year to help you with life's stressors so that you can live a happy and productive life. Simply call the toll-free number or visit the EAP website for online resources.

## **Will anyone know I have used the SAP?**

Contact between you and the SAP is confidential. No information is included in your medical record or personnel file.

## **On Campus / Navy Yard Services**

SAP Counselors are on the IHP campus two half days a week. 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 dates for our well-being and work-life webinars. The site is available in multiple languages.

## **Resources for families**

The SAP assists parents after maternity or paternity leave and offers other supports to families. See the [eap.partners.org](http://eap.partners.org) website for information about lactation room locations, childcare and eldercare resources.

## **Intimate partner violence / Sexual assault intervention**

The SAP provides customized support and resources to students.

The SAP really helped me get my life back together. My partner and I are getting along much better now.

## What can SAP help with?

- Anxiety
- Depression
- Emotional well-being
- Grief, loss
- Intimate partner abuse
- Legal issues
- Relationship problems
- Physical illness
- Physical, emotional and sexual abuse
- Stress
- Substance use problems
- Workplace issues