



Helping Students & Families to be their **Best.**

REALiving is pleased to offer a Student and Family Assistance Program (SFAP) to help your students and families to be their BEST. The SFAP is offered at **no cost** to your district families and will provide each family with up to **4 counseling sessions per school year**. Providing free access to counseling services can eliminate barriers that may exist for families in accessing these supports on their own, thereby offering a valuable tool to your district employees to use in supporting students.

Some of the topics this program can help with include:

- Academic struggles
- Discipline issues
- Household stressors
- Stress, depression, and anxiety
- Anger management
- Drugs and alcohol
- Grief
- Marital issues
- Divorce
- Relationship troubles
- Bullying
- Eating disorders
- Unplanned pregnancy

Counseling services, which are **confidential**, are designed to be short-term, solution-focused, and are provided by an affiliate network of mental health agencies in your community. Students and/or parents may contact the SFAP to seek authorization or ask questions about these services 24 hours per day, 7 days per week! School administrators, teachers, social workers, therapists and/or counselors may also recommend this support to students and their families.

Pricing is based on the number of families served in your district. The program also includes access to educator consultation service, which allows your staff to consult with the REALiving Student and Family Assistance Program specialist at any time, in unlimited capacity, to discuss ways to explain, offer, and engage a family in use of the services.

REALiving[®]
Helping You Be Your BEST.

For more information
855.233.1048 #5

www.REALiving.com

**DON'T let BUMPS in the ROAD of life Get in YOUR student's way!
Let the SFAP help create a clear path for your student's BEST.**