

## 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 parent's/ guardian's privacy at all times. No one other than the Student Assistance Team and certain adults, who need to be informed, 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](http://www.sap.state.pa.us)

## **What is the Student Assistance Program (SAP) Team?**

The Student Assistance Program Team is a group of school and community agency staff that is here to help you deal with problems that are stopping you from doing well in school or stressing you out.

Maybe you read about the student assistance program in your student handbook or you see signs posted around your school. So 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.

### **Are you or a friend:**

- Having problems keeping your grades up?
- No longer 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?
- Close to someone or have a family member 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?
- Being hurt physically or emotionally by someone?
- 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 for yourself or a friend. Teachers and other school staff who are concerned about students can make referrals. You can go directly 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 in your school who care about you and want to help.

## **What Happens After I Am in the Program?**

You, your parents/ guardian, and the SAP team will work together to figure out ways to help you deal with the problems you are facing. This might include getting involved in school activities 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 your 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 in life. Participation in student assistance is voluntary. The student assistance team will contact your parent/ guardian to provide them with information about the program.