

## Life Advisor Student Assistance Program (SAP) Services *Confidential and Free Support* 1-855-774-4700

### **Ulliance Life Advisor Consultants are available 24/7!**

#### *Your Life Advisor Consultant can:*

- Explore your unique needs and identify the right Life Advisor services to support you
- Schedule you to see a local Ulliance SAP therapist –close to school, home or work at no charge to you
- Provide you with immediate telephonic support for pressing issues
- Assist you by identifying helpful resources in your community

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### **Counseling Services**

- Face-to-face or phone sessions with a licensed counselor or close to school, work or home
- Short term, solution-focused support for issues such as stress, academic challenges, major life transitions, relationship issues, substance use, grief/loss and overwhelming emotions

### **Coaching Services**

- Telephonic sessions with a counselor
- Support and motivation to achieve a lifestyle goal such as improving time management, better sleep habits, financial goals, or physical health goals

### **Support with Your Family**

- Couples and family counseling services
- Crisis support

### **Information and Referrals**

- Books on a variety of topics mailed directly to your home at no cost to you
- Referrals to free and low-cost resources related to financial concerns, legal issues, day care, elder care and pet care

### **We are Social!**

- Follow us on Facebook, Twitter, LinkedIn, Instagram and Pinterest to receive real-time information, articles, tips and inspiration for living a healthy and balanced life.

**Our** *programs* **change lives.**