

Employee **EAP** *Assistance*
PROGRAM



Student Assistance Program



IOWA HEALTH
DES MOINES

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What is the Student Assistance Program (SAP)?

The SAP, provided by Iowa Health – Des Moines, is a no-cost behavioral health service available to any student of the school district. This program is designed to help students in need, while also helping to prevent problems in the future. It is our hope that our partnership will help students and their families lead happy, safe and healthy lives.



Issues typically addressed at the SAP:

- Trouble with school work
- Difficulty focusing or paying attention
- Feeling bullied
- Having issues with peers
- Acting aggressively
- Lying
- Withdrawing from others
- Experimenting with drugs and/or alcohol
- Changing behavior patterns at home or school
- Feelings of anxiety or depression
- Reactions to a divorce
- Grief/loss

Who will know my child is coming to the SAP?

The services provided by the SAP are always confidential. In some cases, it may be in your child's best interest for the SAP to coordinate with your child's school. In such a case, the SAP counselor may ask a parent or guardian to sign a Release of Information form allowing communication for coordination of care. This is especially important if a student is referred for problems within the school setting, as it allows appropriate school personnel to become aware of what is being done to help the student.

Contact Us:

Counselors are available
Monday - Friday 8:00 a.m. to 4:30 p.m.

We are located at:

1301 Pennsylvania Avenue, Des Moines, IA
(across from Lutheran Hospital)
Call (515) 263-4004 or
Toll Free 1-800-732-4490

www.iowahealth.org/assistance



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