#### **Student Success**

As you pursue your education, you will encounter challenges that will affect your ability to be successful. Concerns about relationships, family, stress, body image, and drug and alcohol abuse can cause distress and problems with day-to-day living.

This student success program is available to all Broward College students.



Cut for wallet card

Broward College Student Assistance Program

To schedule an appointment or for 24-hour crisis support call

954-424-6916



## Student Assistance Program

To schedule an appointment or for 24-hour crisis support call

954-424-6916



At your first face-to-face meeting with a counselor, you will be asked to show a valid Broward College ID card.

## Student Assistance Program

Personal counseling for Broward College students



### Need help coping?

Welcome to the Broward College Student Assistance Program provided by Henderson Student Counseling Services.

The SAP provides individual mental health counseling, assessment, consultation, and campus outreach services to the Broward College community.



Feel free to use these services to help you cope with the issues you may encounter.

Henderson Student Counseling Services is a leader in behavioral healthcare providing comprehensive, recovery-focused services. Services range from stress management and coping strategies to psychiatric assessment and crisis intervention.

Henderson is accredited to provide Student Counseling Services by the Commission on the Accreditation of Rehabilitation Facilities (CARF). Broward College students recently identified the areas of need they felt these services should address.

- Stress
- Anxiety
- Depression
- Low self-esteem
- Anger
- Suicidal thoughts
- Violent thoughts
- Alcohol or substance abuse
- Sexual assault

#### About the services

Students who use these services are eligible for up to six counseling sessions free of charge. If your concerns cannot be resolved in six sessions, continuing mental health services based on a sliding fee scale shall be made available through referral to appropriate community resources.

Your counseling is confidential by law. Information about your treatment will not be released without your written permission.

# What to expect at your first appointment

There will be a comfortable, therapeutic environment where you can explore your current challenges. A counselor who is professionally trained and licensed will discuss with you the reasons you chose this service. Your counselor will be respectful and attentive, will listen and ask questions, and will address your concerns with you.

