

# S.A.P.

## Student Assistance Program

### WHO?

Pennsylvania's SAP is a school-wide resource for students and families, who are experiencing barriers to learning because of a variety of reasons which may cause concern.

### WHY?

Some reasons why students are referred are (but not limited to):

- *Withdrawing* from family, friends, and/or school
- No longer spending time with old friends; *changing friends*
- Unexplained physical *injuries*
- Talking about *suicide*
- Depression, Aggression, Lying, Low self-esteem, Destructive decisions, Decreased motivation
- Defying authority (home or school)
- Experimenting/ possible *addiction* with drugs and/or alcohol
- Sudden *drop in grades* or Sudden *change in behavior*
- Reluctant to attend school; poor attendance
- Reaction to recent death/divorce/relationship problem
- Trouble transitioning to a new school or home

### HOW?

If you feel that you or your friend is in need, you can *confidentially*:

- reach out to one of our team members
- To access Safe2Say: 1-844-SAF2SAY (1-844-723-2729), [safe2say.org](http://safe2say.org), or download the app

\*Always err on the side of caution. If you feel this is an emergency situation, dial 911, contact your local authorities, call the Helpline at 211, or call the Childline at 800-932-0313. The Childline is available 24 hours to receive reports of suspected child abuse. SAP referrals are viewed during school hours only.