

## ISSUES COVERED

### SAP

- Anxiety
- Family Issues
- Anger
- Depression
- Grief/Loss
- Child Custody
- Alcohol/Addiction
- Sexual Abuse
- Parenting
- Dual Career Issues
- Stress
- Eating Issues
- Drug Abuse
- Budgeting
- Relationships
- Legal Resources
- Mood Swings

### STUDENTLIFEONLINE

- Skillbuilders
- Financial Calculators
- Career Development
- Elder Care/Child Care
- Legal Forms

# Simmons UNIVERSITY

## STUDENT ASSISTANCE PROGRAM

Perspectives, an independent Student Assistance Program, is available to provide help with personal issues for Simmons University-CompleteDegree@ Simmons students, their family members, and significant others. Masters-level help is available to support you at any time. You can reach a SAP specialist by calling **800.456.6327**.

Our services are also accessible online by clicking [here](#), or logging in with your username and password.

**perspectivesltd.com**

**USERNAME:** completeddegreesimmons

**PASSWORD:** perspectives

## We help with issues that impact life!

We can help you resolve stressful personal and family issues, or direct you to legal, financial, or child care resources when you need them most.

### COMMON ISSUES WE HELP PEOPLE WITH EVERYDAY INCLUDE:

- » Alcohol + Drug Abuse
- » Attention Deficit Disorder (ADD)
- » Attention Deficit Hyperactivity (ADHD) Disorder
- » Addiction
- » Adoption
- » Anger Issues
- » Anxiety
- » Budgeting
- » Child Care Resources
- » College Planning
- » Communication Issues
- » Coping with Change
- » Depression
- » Divorce
- » Domestic Violence
- » Eating Disorders
- » Effective Communication
- » Elder Care Resources
- » Emotional Issues
- » Family Issues
- » Financial Resources
- » Grief
- » Legal Resources
- » Leisure/Travel Time
- » Mental Health
- » Parenting
- » Pet Care Resources
- » Post Traumatic Stress Disorder
- » Relationship Issues
- » Stress

## We're available when you need us.

Perspectives SAP is available 24/7 and can be accessed two ways:

### OVER THE PHONE

Masters level SAP specialists are available 24/7 to answer your questions and provide supportive assessment problem resolution.

Call 800.456.6327 anytime!

### ONLINE

Have you ever spent hours googling for good information about parenting, healthy diets, relationships, or the other hundreds of issues that impact your life? We do our homework so you don't have to!

Your *Student Life Online Portal* is a website for everyone with Perspectives SAP. It provides information, resources, and tools for a vast number of issues, ranging from parent and child care to health and wellness, career development, workplace training, and more. To visit, [click here](#), or log on with your username and password.

# Free Help! Who doesn't like that?

We want you to think of Perspectives as the "Everyday Assistance People." Our Student Assistance Program (SAP) provides support and resources for life issues that can take a toll on your emotional well-being or take time away from the things you value most, like school or family. Our services are confidential, no cost to you, and available when you need them!

## Confidential and No Cost

We know that confidentiality and costs are important to you.

That's why we offer confidential assistance to students and their families. And, your personal information is not disclosed to anyone unless you provide written consent or as required by law.

In addition, Perspectives SAP services are provided at NO COST to you. Simmons University-CompleteDegree@Simmons provides Perspectives SAP as a benefit because they value you. If you are referred to an outside resource for additional support, we'll advise you about potential costs and whether they might be covered by your insurance.

Just call 800.456.6327 or log in to [perspectivesltd.com](http://perspectivesltd.com) with your username and password to get started.

USE THIS INFORMATION TO LOG INTO YOUR STUDENT  
LIFE ONLINE PORTAL

**Username**

completedegreesimmons

**Password**

perspectives

**Simmons**  
UNIVERSITY



[perspectivesltd.com](http://perspectivesltd.com)  
800.456.6327

# START YOUR JOURNEY ON THE RIGHT FOOT

Contact your Student Assistance Program! We can help with informative articles, tip sheets, and resources for Student/Life balance and more.

- » Information on how to stay safe while you travel or spend time abroad
- » Recipes and nutritional tips to help you on your journey to wellness
- » Resources to help you make a budget, manage your stress and prepare you for academic success
- » Information on networking in graduate school
- » Tips for becoming a good test-taker

Available anytime, your SAP is free, confidential and here to help you balance your academic, family and personal life.

Call 800.456.6327 or [click here](#) to get started!



# FEELING BURNED OUT?

Simmons University-CompleteDegree@Simmons recognizes the challenges of managing student obligations and balancing life's responsibilities. Your Student Assistance Program provides you free, confidential, online, and telephonic support through our variety of services.

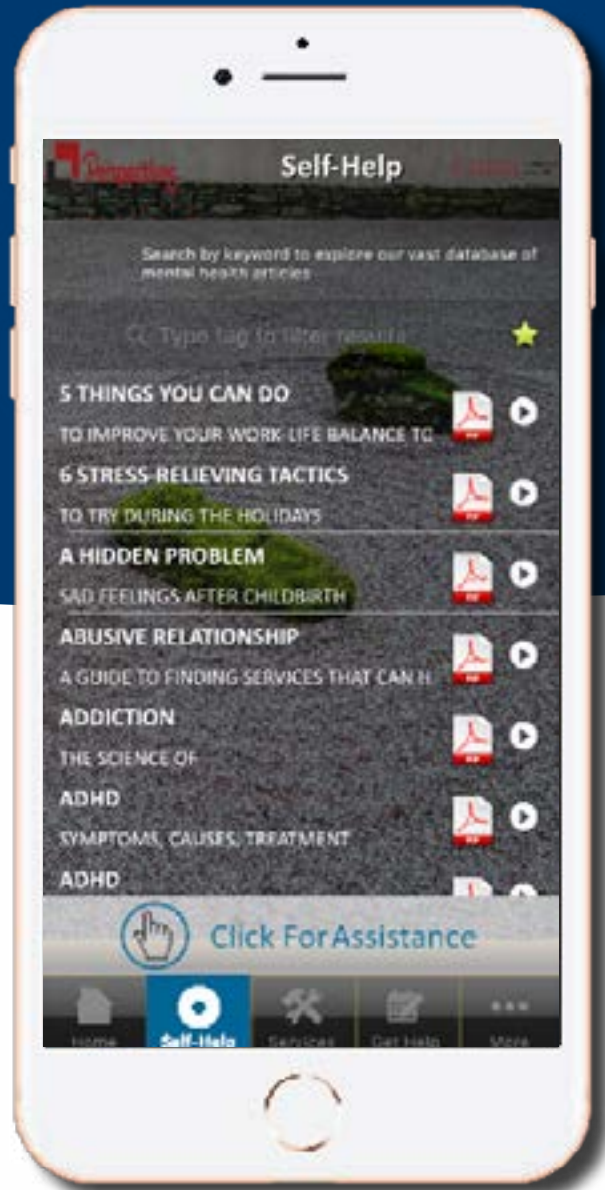
Masters-level SAP specialists are available by phone any time to assist with matters you need to discuss, including relationships, depression, anxiety, and/or substance abuse. Confidential support and guidance is available around-the-clock for a wide range of daily life issues.

Click here to access your [Student Life Online Portal](#) for articles, tips, links, self-assessments and many other resources.



**Call 800.456.6327 for assistance anytime.**

# YOUR SAP IN YOUR POCKET



A personalized experience available to you and your loved ones



Immediate, easy access to help and resources 24/7



Instant Message Counseling is available through your Student Life Online Portal

Sign into the app using your unique username and password:  
**USERNAME:** completedegreesimmons  
**PASSWORD:** perspectives





DISORDER  
NERVOUS  
DEPRESSION  
STRESS  
TEMPER  
WORRY  
PTSD  
ANXIETY  
FRUSTRATION  
WITHDRAWAL  
OVERWHELMED  
FAILURE  
NEGATIVE  
FATIGUE



## READY TO GET STARTED?

Download our Perspectives Spark app through the App Store or Google Play Store.

Once you have the app downloaded, you will be asked to enter your school's unique username. You will also be asked to identify whether you are an employee, family member, spouse, student, etc. You will only be asked to do this once.

Access the Top 10 most searched articles, articles related to daily living, or contact a mental health professional for assistance on a variety of topic areas all through the app!

Your Student Life resources are also available online at [perspectivesltd.com](http://perspectivesltd.com).

