

Student & Family Assistance Program

PROVIDED BY

Advocate Aurora EAP and the Fox Point-Bayside School District

A Free & Confidential Resource for Students & Families

Finding a Better Way: Life is filled with change and uncertainty. The responsibilities and demands of our time can be overwhelming. It happens to all of us. Calling the Advocate Aurora SFAP can be the first step toward taking charge of a situation that is affecting your family's health and well-being.

Eligibility: The SFAP is available to any family with students enrolled in the [Fox Point-Bayside School District](#)

When to use the Advocate Aurora SFAP: This varies with each family. Generally, it is wise to seek help when a problem occupies too much of your time, interferes with normal activities, or persists for more than two to three weeks. We can help with:

- ❖ Relationship Issues
- ❖ Academic Pressures
- ❖ Anxiety & Depression
- ❖ Substance Abuse
- ❖ Marital Conflict
- ❖ Child/Family issues
- ❖ Divorce
- ❖ Financial Pressures
- ❖ Legal Consultation
- ❖ Difficulty with School or Peers
- ❖ Elder Care
- ❖ Child Care
- ❖ Blended Family Concerns
- ❖ Locating Resources

SFAP is a free, confidential benefit for you and your family. You can have up to **6 free sessions** with an SFAP counselor per issue. If you or your family member need assistance beyond the scope of the SFAP, you will be referred to appropriate resources. Your privacy is protected in accordance with both federal and state laws regarding mental health and medical treatment records. When you call, identify yourself as eligible for SFAP services through your school district.

Call (800) 236-3231 8:00 to 5:00 M-F to schedule an appointment to talk to a counselor

