

Virtual Access to BayCare Student Assistance Program

In these uncertain times, one thing remains the same: BayCare is here to help.

The Student Assistance Program has more than 200 therapists across the state ready to offer virtual and telephonic counseling sessions. Simply contact us at **(800) 878-5470** or **BayCareSAP@baycare.org** to request assistance.



Toilet paper might be hard to find, but students can still access free and confidential counseling services through BayCare.

The process remains the same; the only difference is students will 'see' therapists using virtual platforms.

- Call the toll-free helpline 24 hours a day, 7 days a week. The helpline is answered by experienced mental health and/or substance abuse professionals.
- If you prefer, you can email BayCareSAP@baycare.org
- After a brief conversation, you will be given the contact information for therapists offering virtual or telephonic counseling sessions.
- Call or email the therapist you select and tell him or her you are using your BayCare Student Assistance Program benefits.
- The therapist will then schedule a time and date for a virtual session and will provide instructions to access his or her virtual counseling platform.

SAP 24-hour helpline: (800) 878-5470