

Get Support:

Utilize SAP Services

Student Assistance Program

- ▶ SAP covers up to 6 sessions per employee and can be utilized by yourself, your spouse and/or any qualifying dependent.
- ▶ Family and couples counseling sessions are also available.
- ▶ All services are completely confidential.
- ▶ Once your six sessions are completed, a referral for further service can be made, at which point the financial responsibility becomes yours.
- ▶ You do not need a diagnosis to receive SAP services.

Common Warning Signs That You May Be Struggling

- ▶ Mood changes (i.e. anxious, irritable, or depressed)
- ▶ Loss of interest or apathy
- ▶ Fatigue
- ▶ Trouble concentrating
- ▶ Making more mistakes on the job
- ▶ Frequent sickness/illness
- ▶ Social withdrawal
- ▶ Using alcohol or drugs to cope

Precedence Inc. SAP Contact Details

- ▶ Call (309) 779-2273 or call toll free at (800) 383-7900 to schedule an appointment
- ▶ Contact **Stephanie Burrough**, Customer Service Coordinator, at (563) 742-2455 or via email at stephanie.burrough@unitypoint.org

UnityPoint Health Wellness Team Contact Details

- ▶ Contact the UPH Wellness Team at
Phone: (309) 779-3700
Email: trinity.wellness@unitypoint.org
- ▶ **Chelsie Kirschbaum**, MS, CHES,
Wellness Supervisor
Phone:(309) 779-2486
Email: Chelsie.Kirschbaum@unitypoint.org

USE CAMERA PHONE
TO ACCESS ALL
STUDENT RESOURCES



Trinity College of Nursing
& Health Sciences
UnityPoint Health