

# Life Can Be a Puzzle

For Students of All Ages K-12



Elementary Student Assistance Program (ESAP)



Secondary Student Assistance Program (SAP)

## Elementary Student Assistance Program

## or Secondary Student Assistance Program

can help put the pieces back together

Students of all ages may find themselves overwhelmed with stress.

### If you are or if your child is struggling with:

Anxiety

Arguing with Parents

Bullying

COVID-19

Death of a Friend or Relative

Difficulty Sleeping

Drugs and/or Alcohol

Fighting with Boyfriend/Girlfriend

Loss of Appetite

Parent Divorce

Problems with Friends

Problems in School

School Attendance

Stress or Depression

Sudden Changes in Interests

Suicidal Thoughts

Contact your school counselor  
to help put the pieces back together