

Confidential Student Counseling

for VCOM students

540-961-8400



Student Assistance Program

A confidential
student counseling
service offered through
New River Valley
Community Services

Student Assistance Program

New River Valley Community Services
700 University City Boulevard
Blacksburg, VA 24060

Call (540) 961-8400 -- 24 Hours a Day

We are here when you need us — offering confidential, professional help with your personal problems.

At one time or another we all experience personal problems and need someone to talk with.

Because VCOM values you as a person, as well as a student, they are providing students with the opportunity to access this counseling program, which offers assistance with personal problems. An NRVCS counselor will help you work through the situation that is interfering with your well-being.

The Student Assistance Program (SAP) is confidential, professional, and available to give you the help you need, when you need it.

No problem is too big...or too small.

SAP provides the services of a professional and experienced counselor who can help you identify the problem and possible solutions, even if it's another community resource.

SAP can assist you or a family member in the following problem areas:

- Marital
- Family
- Children
- Alcohol and other drug abuse
- Grief
- Anxiety
- Depression
- Stress
- Any other personal or emotional problems

SAP is totally confidential. Your request for information or assistance, as well as any discussion between you and your counselor, will remain **strictly confidential**. With voluntary use of this program, nothing will be placed in your file. Your use of this service does not have a negative affect on your status as a student in any way. The counselor's office is located away from campus to further ensure confidentiality.

Taking advantage of SAP is easy. It only takes a phone call to begin getting help with your problem.

When calling to make an appointment, simply identify yourself as a VCOM student and NRVCS will take care of the rest. An appointment will be made for you to meet with a counselor, and *you are not charged for this important service*. VCOM provides this to you as a benefit. Costs may be incurred, however, if outside help is necessary. Even then, your counselor will work to minimize your costs by locating a qualified referral source that best fits with your insurance coverage.

**Help is waiting for you right now.
Call (540) 961-8400, 24 hours a day.**

Keep the number where you or a direct member of your family (*they are covered, too!*) — can find it when needed. Often, that first phone call is all it takes.

Most importantly, don't let the problem get out of control.

Our service is being offered to help you maintain health and well-being. So, feel free to use SAP whenever you need it.

We all need a little help sometimes.