



Helping Students & Families to be their **BEST.**

The School District of Altoona and REALiving is pleased to offer a **Student and Family Assistance Program (SFAP)** to help students achieve their very BEST at school!

This program, **offered at no cost to you**, will provide up to 4 counseling sessions to each family in the school district. The district has partnered with REALiving, a local provider, to coordinate these services.

The Student and Family Assistance Program offers peace of mind to students and their families. You don't have to handle everything on your own—we can help! Some of the topics this program can help you with include:

- Academic struggles
- Discipline issues
- Household stressors
- Stress, depression, and anxiety
- Anger management
- Drugs and alcohol
- Grief
- Marital issues
- Divorce
- Relationship challenges
- Bullying
- Eating disorders
- Unplanned pregnancy

Counseling services, which are **confidential**, are designed to be short-term, solution-focused, and are provided by an affiliate network of mental health agencies in our community. Students and/or parents may contact our Call Center to seek authorization or ask questions about these services 24 hours per day, 7 days per week! School administrators, teachers, social workers, therapists and/or counselors may also recommend this support to students and their families.

Create a clear path for your student's BEST!

855.838.7170

REALiving[®]
Helping You Be Your BEST.

www.REALiving.com



Don't let Bumps in the Road of life get in your way!