

OUR MISSION

To foster and maintain the well-being and productivity of Porterville Community College students by providing confidential assistance, mental health assessment, short-term counseling and referral services to those who are experiencing personal or school-related problems.

PORTERVILLE COLLEGE

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Porterville College

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STUDENT ASSISTANCE PROGRAM



GETTING CONNECTED

WHEN TO MAKE A REFERRAL

- Exhibiting signs of Mental Health Problems
- Symptoms of Anxiety or Depression
- Balancing School, Work, Home, Family and Personal Concerns
- Poor Attendance, Drop in School Performance or Grades
- Change in Personal Appearance, Eating or Sleeping Habits
- Grief/Loss Issues
- Suspicion of alcohol or substance abuse
- Domestic Violence
- Threatens harm to oneself or others

Student referrals are scheduled by

Judy Fallert

at the Disabled Student Center

791-2215

SERVICES OFFERED BY SAP

- Mental and Behavioral Health Assessment
- Drug and Alcohol Assessment
- Individual Short-term Counseling
- Screening and referral to outside agencies when warranted
- Crisis Intervention
- Educational services, including depression, anxiety, and alcohol screening days.
- Mental Health Promotion and Psycho-Education

STUDENTS CAN BE REFERRED BY

- Themselves
- School personnel
- Parents or guardian
- Friends
- Outside agencies



WHO IS ELIGIBLE?

All currently enrolled students

All services are offered at no charge

