

JOHNS HOPKINS STUDENT ASSISTANCE PROGRAM (JHSAP)

Johns Hopkins Student Assistance Program (JHSAP)

Being a student can sometimes be difficult. Balancing the demands of school, family, and work can be overwhelming at times. Managing even small life events can be more challenging when our time and energy is heavily committed. As a result, students frequently experience significant amounts of stress during their professional education.

Extra support and coping skills can be helpful in these situations. Johns Hopkins University and the Carey Business School are committed to assisting in these challenging times. The Johns Hopkins Student Assistance Program (JHSAP) provides support to students dealing with pressures and problems they encounter during their academic careers. Services are complimentary and confidential. JHSAP is a life management resource that can help students identify and manage challenging issues in healthy ways. Some common concerns are:

- Marriage and family
- Depression
- Interpersonal relationships
- Life transitions
- School and work troubles
- Adapting to a new environment
- Stress and anxiety
- Eating disorders
- Academic performance
- Grief and mourning

Getting help is free, convenient, and confidential. Just call the number listed below. Crisis counseling is always available to ensure that students can get the assistance they need when they need it. In most cases, JHSAP will schedule an appointment for the student to come in and speak with a JHSAP counselor. The goal of JHSAP is to get to know the student, understand what's going on, and to talk about how the student can move forward in a healthy way. To do this, JHSAP offers the following services:

- Counseling for assistance with problems of daily living
- Consultation that supports academic and/or professional development
- Immediate support and management for crisis situations
- Identification and assessment of a mental health problem
- Referral to appropriate and accessible services and resources

Confidentiality

All counseling sessions, except as required by law, are confidential. No one will know the student is using the program, unless the student either chooses to verbally discuss participation in the program, or signs a release of information requesting that the program share information with another party. JHSAP carefully follows State and Federal guidelines

pertaining to confidentiality whereby if we become aware of harm to self or others, a duty to warn and/or protect may be applicable

Eligibility and Cost

Services are offered to all active, for-credit students of the Carey Business School. Student eligibility is confirmed by checking JHED. There is no cost to students for using the program, and there is no limit on the number of times the student may access services. Each time a student contacts the program, a counselor will listen to and assess concerns and will work with the student to develop a plan to address the concerns. If longer-term assistance is appropriate, the student may be referred outside of the program for additional support; this can be through the student's health plan or community resources. In these circumstances, there may be fees associated with the other services and resources to which the student is referred.

Contact Us

For more information or to schedule an appointment, call 443-287-7000 or toll-free 866-764- 2317. Please visit JHSAP's website at <http://www.jhsap.org> for more information.