

Being a teenager can be stressful at times. Sometimes the many changes and pressures you face can be overwhelming. The MHS Student Assistance Program (SAP) is here to help.

A Guide for Students

What is the MHS Student Assistance Program (SAP) Team?

The MHS Student Assistance Program (Team) is a group of school and community agency staff that is here to help you deal with problems that are stopping you from doing well in school or stressing you out. Sometimes, you may feel uncomfortable or embarrassed to ask for help, but, if you know how and where to find help, you can take an important first step.

Are you or a friend:

- Having problems keeping your grades up?
- No longer feeling like hanging out with friends or family?
- Not enjoying your favorite activities like you used to?
- Not getting along with others?
- Being bullied or harassed?
- Feeling like you just can't seem to get it together?
- Experimenting with or using alcohol or other drugs?
- Adjusting to a new school?
- Close to someone or have a family member serving in the military?
- Having thoughts of hurting yourself or someone else?
- Feeling emotionally overwhelmed?
- Always worrying?
- Thinking about suicide?
- Dealing with the breakup of a relationship?
- Being hurt physically or emotionally by someone?
- Dealing with major changes in your family like your parents' divorce?
- Dealing with the illness or death of someone close to you?

How Do I Get Involved?

Anyone can refer someone for help. You can even ask for help for yourself or a friend. Teachers and other school staff who are concerned about students can make referrals. You can go directly to someone who is on the MHS student assistance team to ask for help. If you are worried about talking to your parents/guardian about your problems or about being involved in student assistance, someone on the MHS SAP team can help you talk to your parents/guardian. There are many people in your school who care about you and want to help. *Please see list below of MHS SAP team members.

What Happens After I Am in the Program?

You, your parents/ guardian, and the MHS SAP team will work together to figure out ways to help you deal with the problems you are facing. This might include getting involved in school activities like a support group or working with a mentor or tutor. The MHS SAP team can also help you and your parents/guardian find services in your community that can help such as a professional counselor. The student assistance team will check in with your teachers to see how you are doing in your classes and other activities. The student assistance team will also stay in touch with you to support you.

What if I am Already In the Program?

First, know that you were referred because someone cares about you. They have noticed some changes in your behavior or habits and want to help you be successful both in school and in life. Participation in student assistance is voluntary. The student assistance team will contact your parent/ guardian to prov

SAP Team

Mr. Carlisle
Ms. Magill
Ms. Langdon
Ms. Kolbert
Ms. Sokol
Mr. Klingensmith