

Student Assistance Plan

Helping students stay balanced.

When Life Gets in the Way

The goal is for every student to succeed. The reality is that students face challenge that have nothing to do with the classroom. Sometimes, these challenges disrupt a student's ability to study, concentrate, and learn.

But what if your students could have a trustworthy friend to guide them when they face these other questions? That's what New Directions offers.

Face-to-Face Visits

New Directions licensed EAP professionals understand that if one part of a student's life is out of balance, it affects everything. Our goal is to target what they want to achieve and help them find the path to do just that.

With a single call to New Directions, students can arrange to see an EAP professional for short-term intervention. The types of problems people bring to us include:

- Relationships
- Stress
- Emotions
- Depression
- Anxiety and anger
- Substance use
- Personal growth and life transitions
- Personal Identity

Online resources at www.ndbh.com include thousands of articles, videos, assessments, and calculators, with special sections on Emotional Life, Stress, Family Life, and Health and Wellness.

Finances

Many students have their first experience with managing money when they go away to college. Many get into trouble. Having an assistance plan that includes budgeting, credit counseling, and financial advisors, helps set students on the right financial path.

New Directions offers a 30-minute telephone consultation with a financial counselor free of charge and referral to credit counseling.

The New Directions website at www.ndbh.com also provides a "wealth" of information about money management, including calculators for such expenses as buying a car or student loans.

Legal

When a student experiences a legal difficulty, knowing where to turn can be perplexing. Our legal services provides referral, a free 30 minute consultation in-person or by phone, and a discount if the attorney's services are retained.

The legal section at www.ndbh.com helps with a wide variety of resources, including information about auto tickets, landlords and tenants, and Internet law.



Telephone Answered 24/7

Students can call any time, day or night, and talk by phone with a licensed professional.