Key Messages:

* Confidential support for challenges affecting success and well-being.
* Free and accessible services for all students and immediate family members.
* 24/7 availability of professional counselors for assistance
* Confidentiality and privacy protection guaranteed.
* Encouraging students and families to utilize the SAP for any challenges at home or school.

**Twitter Copy**

1. We care deeply for our students' success. That’s why we’ve partnered with EFR to offer a confidential lifeline. Reach out to your Student Assistance Program for support through life's challenges. Call 515-244-6090 to talk to a counselor anytime
2. Facing anxiety, stress, or tough times? Don't go through it alone! Our Student Assistance Program is here for you 24/7. Confidential support for relationships, bullying, or anything impacting your well-being. Call 515-244-6090 to talk with a counselor
3. Life can get tough, but you never have to face it alone. Our Student Assistance Program through EFR provides confidential help and support for ALL students and their families. Call EFR at 515-244-6090 to talk to a counselor 24/7/365
4. Confidential. Free. Accessible. Our Student Assistance Program through EFR is here for you. Enhance your well-being, overcome roadblocks, and thrive in your life. Connect with licensed counselors whenever you need support. Just call EFR at 515-244-6090
5. Families, did you know our Student Assistance Program (SAP) through EFR is available to you too? Receive encouragement, guidance, and support for any challenges you face. Call EFR at 515-244-6090 and connect with professional counselors
6. Life changes? Relationship challenges? Need a listening ear? We've got your back! {School district}'s Student Assistance Program (SAP) offers FREE, confidential support. Call now for 24/7 help from licensed counselors. You're not alone!
7. Your success and well-being matter to us. That's why we provide a Student Assistance Program through EFR to all students and their families. It's 100% free, confidential, and available 24/7. Call 515-244-6090 to connect with a licensed counselor.
8. Hey students & families! Introducing our Student Assistance Program (SAP) with EFR! Get FREE, confidential support to conquer challenges and your boost well-being. Connect with licensed counselors at 515-244-6090 for guidance through any obstacle you're facing.

1. We believe in your potential. That's why EFR’s Student Assistance Program is here to support you and your family. Whether it's stress, relationships, or school performance, EFR’s counselors are here to help. Call 515-244-6090 to connect with a counselor
2. Ready to transform your life? Our Student Assistance Program is your sidekick to success! Call the SAP to talk with trained counselors. Become the best version of you- connect with your SAP at 515-244-6090
3. Sometimes, you may not know where to turn for help. That’s why our Student Assistance Program is available 24/7 to students and their families. Connect with trained, caring counselors for immediate support. It’s free, confidential, and here to help you
4. Feeling overwhelmed? Our school's Student Assistance Program (SAP) is here to support you. Reach out and connect with a team of counselors who are ready to listen and help. Your SAP is here for you, anytime, anywhere at 515-244-6090
5. The Student Assistance Program (SAP) is here to help our students and their families, and we’ve received a few questions about how it works. Below are commonly asked questions to help you understand the SAP and how to reach out for support! \*Use FAQ social media graphics
6. Awareness matters! In Iowa, 27% of students face mental health challenges hindering daily life. At {school district}, we empower students to thrive! Discover our Student Assistance Program (SAP) FREE 24/7 helpline 📞 Call 515-244-6090 for immediate support from trained counselors.
7. If you feel sad or stuck, you’re not alone. Help and hope are available. Connect with your Student Assistance Program and receive immediate support from compassionate counselors. Your SAP is here for you anytime at 515-244-6090
8. Are you weighed down by problems at home or school? We are proud to provide mental health support through EFR. Call the 24/7 telephonic helpline to connect with counselors who are ready to offer immediate assistance. Call 515-244-6090
9. Need someone to talk to? We have your back! Introducing our Student Assistance Program through EFR. You have access to a 24/7 telephonic helpline, connecting you with licensed counselors. Whether it's urgent or you just need to talk, help is just a call away at 515-244-6090
10. Hey there, students and families! Need someone to listen? Our school's Student Assistance Program includes a 24/7 telephonic helpline that connects you with caring counselors. Your SAP is just a call away at 515-244-6090
11. We care about supporting you inside and outside of school. Connect with your Student Assistance Program by calling 515-244-6090 – You’ll talk with counselors who will listen and provide guidance. Whether it's immediate support or just to talk, we're here for you
12. If you are going through a difficult time with your mental health, your Student Assistance Program helpline is available 24 hours a day, every day of the year. Confidentially connect with professionals counselors trained to support you by calling 515-244-6090