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.

**Facebook Copy**

1. We care deeply about the success of our students. That's why we've partnered with Employee and Family Resources (EFR) to provide students and their families with a confidential lifeline. Your Student Assistance Program (SAP) is here to help you navigate those tough moments that impact your well-being. Call 515-244-6090 at any time to speak with a counselor and receive support.
2. Worried about anxiety or stress? Struggling with relationships or school performance? Dealing with bullying or substance use concerns? You don’t need to face it alone. The Student Assistance Program is your free, confidential resource to support your well-being and conquer any obstacles that come your way. Talk to a counselor 24/7 by calling 515-244-6090
3. Life can get tough, but you never have to face it alone. Our Student Assistance Program (SAP) through EFR is here to provide 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 (SAP) through EFR is here to empower you. Enhance your well-being, overcome roadblocks, improve your academic performance, 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 to talk with a counselor at any time
6. Are you going through a big life change? Working through relationship conflicts? Or do you just need a listening ear? All {school district} students and family members have free, confidential access to the Student Assistance Program (SAP) through EFR. Call the helpline for 24/7/365 support from licensed counselors. Life happens, and the SAP is here to help you through it.
7. Your success and well-being matter to us. That's why we're thrilled to provide a Student Assistance Program (SAP) through EFR to all students and their families. It's 100% free, confidential, and available 24/7. Call 515-244-6090 to talk with a licensed counselor.
8. Attention students and families! We're excited to introduce our Student Assistance Program (SAP) through EFR. Your SAP is a free, confidential resource designed to help you conquer challenges and prioritize your well-being. Call 515-244-6090 to connect with a licensed counselor who is ready to support you through any challenge you’re facing.
9. We believe in your potential. That's why EFR’s Student Assistance Program (SAP) is here to support you and your family. Whether it's stress, relationships, or school performance, EFR’s professional, kind counselors are ready to listen and guide you towards success. Call 515-244-6090 to connect with a licensed counselor.
10. Ready to transform your life? Our Student Assistance Program (SAP) is your sidekick to success. We’re here to help you improve your well-being, grow academically, and become the best version of you. Call the SAP to talk with trained counselors at any time, day or night. 515-244-6090
11. Sometimes, you may not know where to turn for help. That’s why our Student Assistance Program (SAP) is available 24/7 to students and their families. Connect with trained, caring counselors for immediate support using the helpline. It’s free, confidential, and here to help you.
12. 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.
13. 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*
14. Did you know in Iowa, 27% of students have mental health conditions that prevent them from participating in their daily activities? At {school district} we care about empowering students to live their happiest, healthiest lives. That’s why the Student Assistance Program (SAP) provides students and their families with a 24/7 helpline you can talk to a counselor for immediate support. Just call 515-244-6090
15. If you feel sad or hopeless, you’re not alone. Help and hope are available. Connect with your Student Assistance Program (SAP) and receive immediate support from compassionate counselors. When you just need someone to talk with your SAP is here for you. Call 515-244-6090
16. Are you weighed down by problems at home or at school? Call the 24/7 telephonic helpline to connect with highly trained counselors who are ready to offer immediate assistance. Your mental health matters, call 515-244-6090 to start prioritizing your well-being
17. Need someone to talk to? We have your back! Introducing our Student Assistance Program (SAP) through EFR. You have access to a 24/7 telephonic helpline, connecting students and their families with masters-level counselors. Whether it's an urgent matter or you just need to talk, help is just a call away. You matter, and we're here to support you!
18. Hey there, students and families! Need someone to listen? Our school's Student Assistance Program (SAP) includes a 24/7 telephonic helpline that connects you with caring counselors. Your 24/7 SAP is just a call away at 515-244-6090
19. We care about supporting you inside and outside of school. Connect with your Student Assistance Program (SAP) by calling 515-244-6090 – You’ll talk with masters-level counselors who will be there to lend an empathetic ear and provide guidance.
20. 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