

Student Assistance Programme (SAP) resources

Service poster This A4 poster provides details for accessing the Student Assistance Programme - whether through the My HealthHero App or the Web App. You can easily personalise it with your phone line number and access details.

Need to talk?

This A5 flyer highlights what's available through your Student Assistance Programme. You can easily personalise it with your phone line number.

FAQ's

This document lists FAQs related to the Student Assistance Programme (SAP).

Wallet card

This wallet card is available in print version. You can easily personalise it with your phone line number and access details.

My HealthHero

This poster outlines the steps for downloading the My HealthHero App or accessing the Web App. You can easily personalise this with your access details.

Information about counselling

We hear about counselling all the time in the media, but what actually happens in a counselling session? This document is designed to give someone considering counselling an idea of what to expect.

Legal/Money & debt service

Whether it is a legal issue and you just want to understand your rights or your options, or money and debt worries are keeping you awake at night, you can call HealthHero SAP to talk to an advisor.