

STUDENT ASSISTANCE PROGRAM

Our Student Assistance Program (SAP) is a no cost, short term, solutions focused counselling and support service for enrolled students of BBI The Australian Institute of Theological Education.

You will be connected with a qualified counsellor who will work with you to support you in managing and resolving various situations including:

- When you are not feeling yourself (down or depressed)
- Support when you are feeling overwhelmed
- Feeling that study and other commitments are causing stress and worry
- Support with anxiety and stress management
- Support with conflicts with family, friends, students, colleagues or teachers
- Support with addictions including alcohol, drugs or gambling
- Helping you deal with crisis or trauma
- Helping you navigate difficulties with relationships
- Improving your communication techniques.

What you can expect:

- Professional, confidential service tailored to your needs
- Solutions focused approach
- Partnering with you to achieve your goals
- Access to professionals who are qualified and maintain training in their field, including cultural awareness.

If you require specialist or long term supports, we will provide referrals to alternate supports. To connect to this service, please contact your Student Wellbeing & Engagement Officer who will connect you with our service.