

ISSUES COVERED:

SAP

- Anxiety
- Family Issues
- Anger
- Depression
- Grief/Loss
- Child Custody
- Alcohol/Addictions
- Sexual Abuse
- Parenting
- Dual Career Issues
- Stress
- Eating Issues
- Drug Abuse
- Budgeting
- Relationships
- Legal Resources
- Mood Swings

Work Life Online

- Skillbuilders
- Financial Calculators
- Career Development
- Elder Care/Child Care
Searchable Data Base
- Legal Forms
- Wellness

And many more...

WORKLIFE ONLINE

USERNAME: VAC500
PASSWORD: perspectives

Perspectives®

USC

School of Social Work Virtual Academic Center (VAC)

PERSPECTIVES, an independent Student Assistance Program, provides assistance with personal issues for students and their family members.

Confidential services include assessment, supportive short term telephone counseling, referral to specialists and assistance in locating other resources. More detailed information about the SAP services is available by telephone or connecting online.



Master's-level counselors are available 24/7 to assist you and your family members.

You can reach a counselor by calling

800-456-6327

www.perspectivesltd.com

