



Confidential Assistance & Referral Expertise

SAND CREEK GROUP, LTD.
RESOURCES WITHOUT BARRIERS

651-430-3383 • 1-888-243-5744

CARE is a confidential counseling & referral service designed to offer medical students and their immediate family members a professional, external resource to address a variety of stressors. In many cases, these stressors are affecting personal lives and impacting a student's ability to be successful in their program.

Types of Issues Addressed

- Relationship & Communication Issues
- School Pressures – Workload, High Expectations, Interpersonal Conflict
- Stress and Coping with Change – Relocation, partner & family expectations
- Financial & Legal Issues
- Loss & Grief
- Parenting, Eldercare & Childcare
- Substance Abuse
- M.H. Issues -- Depression, Anxiety, etc.

Contributing Factors to Financial Difficulties

- Emotional overload takes precedence over thoughtful choices
- High stress fuels a desire to escape, reward ourselves
- Lack of engagement at home can lead to inconsistent / unwise choices
- Lack of financial literacy skills

The CARE Program

- Cornerstones of CARE
 - Confidentiality
 - No Cost
 - Student & Family Driven Benefit, Voluntary Use
- CARE vs. Longer-Term Counseling Programs
 - Not Meant to Replace a Student's Health Plan
 - Quick Access; 5 Session Model

The CARE Process

- Confidential Phone Intake
- Service Locations Across the Metro Area
- Provider Network Familiar with Medical Student Issues

How to Contact CARE

651-430-3383 (local)

1-888-243-5744 (toll free)

www.sandcreekeap.com

24 Hour Access