



As we move into the end of 2022 and look to the opportunities of 2023, OnPoint (formerly Allegan County Comm. Mental Health) is continually looking for ways to increase our outreach efforts to the community and diversify the ways individuals can access services. We would like to take a moment and highlight two of these behavioral health resources that are available for students and families in the county.

Student and Family Assistance Program (SFAP) 1-888-354-0595

One of the ways the county has sought to address the behavioral health needs of our students and their families at our area schools over this past year is by establishing a Student and Family Assistance Program (SFAP) as a hotline for students and their families. The hotline is a toll-free, 24 hour/7 days a week phone line that offers a confidential, short-term, counseling service created to provide assistance for students and their families struggling with any issues causing stress or anxiety in their lives. This hotline was run previously by a private firm and has as of December 1st, 2022, been transferred to OnPoint (formerly Allegan County Community Mental Health).

Beginning December 1st to access the SFAP toll-free line, students and families should call 1-888-354-0595, reference Allegan County and the name of the school. Calls after business hours will be transferred to our after-hours line, where callers can identify themselves as calling on the hotline and be transferred to one of our behavioral health clinicians.



Another tool OnPoint can offer as a behavioral health resource is a web and mobile based app called my Strength. my Strength offers personalized tools to help you improve your mood and help you overcome any challenges you face. It is a safe and secure platform available to you free of charge through OnPoint.

Please promote these behavioral health resources to students & their families today!

SIGN UP TODAY

1. Visit www.mystrength.com and click on "Sign Up."
2. Enter the **Access Code** marked below.
3. Complete the myStrength sign-up process and personal profile.

ALLEGAN