



# We've got your back

## School Employee Guidance program

When they need us, we'll be there

Today's educators and support staff do it all. But they're also facing higher rates of stress, anxiety, depression and high blood pressure. With this valuable complement to our A+ for Schools<sup>SM</sup> program, your customers get solid support to reverse these trends for a healthier, more balanced workforce.

**Aetna Resources For Living<sup>SM</sup>** is the brand name used for products and services offered through the Aetna group of subsidiary companies (Aetna).

The Employee Assistance Program (EAP) is administered by Aetna Behavioral Health, LLC, and in California for Knox-Keene plans, Aetna Health of California, Inc. and Health and Human Resources Center, Inc.



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## Emotional support

When employees need help, they choose how

**In person:** Six free visits per issue, per year with a master's-level counselor  
**Online:** Face-to-face televideo counseling

**By phone:** 24/7 help line and clinician support (family members, too)

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## Onsite workshops

Four onsite courses, customer choice of topic\*

### Course listings

- Coping with anxiety
- Managing challenging interactions
- Controlling emotions under pressure
- Overcoming compassion fatigue
- Handling stress and achieving balance
- Preventing burnout

- Addressing autism spectrum disorder and ADHD
  - Recognizing symptoms and assessments
  - Implementing strategies in and outside of school

\*More courses are available for purchase.

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## Online tools

Self-support resources

### Member website

- Health and emotional information
- Webinars, self-assessments and videos
- Topics like ADHD, stress and classroom management

### myStrength<sup>SM</sup> app

- Practical videos, assessments and daily inspiration
- Topics like insomnia, depression and chronic pain
- 100% confidential

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## Crisis support

Services to recover and rebound after trauma

### Caring consultation

Crisis consultants will:

- Coordinate all services
- Provide communications
- Stay connected to assess needs

### Crisis coordination

If appropriate, we can:

- Coordinate onsite services for natural disasters, workplace violence, employee death and more
- Come onsite to offer immediate psychological first aid by certified providers

**To learn more, contact your Aetna® rep. Or visit [Aetna.com/PublicSchools](https://www.aetna.com/PublicSchools).**

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All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Aetna. Provider participation may change without notice.



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