



EAP is with you.

First, we want to ***thank*** teachers, administrators and all school employees for the care you give our children, your dedication to our communities, and the sacrifices you make. *We see you.*

As you continue on this voyage filled with change, challenges, and uncertainty, please know that EAP is the outlet to help you navigate, confidentially.

Our services are free to all school employees (as well as your household members). EAP continues to be available via telecounseling and phone.

We are committed to supporting you, helping you find resources, talking through your unique challenges, and assisting you on a pathway to happiness and wellbeing.

Give us a call!

- Talking through your concerns.
- Stress-reduction techniques.
- Making a plan.
- Setting intention.
- Weighing your options.

1-800-287-2173

www.investeap.org

Create a login.

Organization password:
VSBIT



[EAP Orientation Video](#)

