

Staff Mental Health & Wellness

Napa County Office of Education is committed to supporting the mental health and wellness of staff through relevant and responsive services and programs. All staff are encouraged to access **Universal Supports** independently and on a regular basis to develop and maintain wellbeing. **Strategic and Intensified Supports** are recommended to staff members during challenging circumstances or events.

UNIVERSAL



- **Calm App** - [SIGN UP HERE](#)
- **Wellness Sessions** - [ACCESS HERE](#)
- **Staff Wellness Activities & Events** - [CALENDAR](#)

STRATEGIC



- **Counseling Sessions** - OPTUM Employee Assistance Program - [English](#) | [Spanish](#)
- **Consultation** with Department Director/Supervisor

INTENSIFIED



- **Counseling Sessions** - OPTUM Employee Assistance Program - [English](#) | [Spanish](#)
- **Care Solace Coordination** - [EMPLOYEE DASHBOARD](#)

CRISIS



- **National Suicide and Crisis Lifeline** - Text or Call [988](#)
- **Napa County Health & Human Services** - 24-hour crisis response [1-707-253-4711](#) OR **Kaiser** - Crisis Lifeline [1-800-273-8255](#)