

Staff Mental Health & Wellness

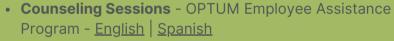
Napa County Office of Education is committed to supporting the mental health and wellness of staff through relevant and responsive services and programs. All staff are encouraged to access **Universal Supports** independently and on a regular basis to develop and maintain wellbeing. **Strategic and Intensified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







- Calm App SIGN UP HERE
- Wellness Sessions ACCESS HERE
- Staff Wellness Activities & Events CALENDAR



• 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