



*Risk Management*  
**Herb Lester, Risk Manager**  
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February 17, 2022

**TO:** Stockton Unified School District Employees  
**FROM:** Mr. Herb Lester, Risk Manager, Risk Management Department  
**RE: Employee Assistance Program (EAP)**

The Stockton Unified School District, in partnership with Optum, we'll offer a new Employee Assistance Program (EAP) starting 2/28/22.

The EAP will be available twenty-four hours, seven days a week to all employees and household members. This program will also further strengthen our commitment to our employees by providing the support they need to make informed decisions about life and work-related issues. Through the EAP, SUSD employees can easily connect with benefits, which include:

- Unlimited calls with master's-level counselors plus up to 8 one-on-one sessions, in person or virtually
- Twenty-four hours, seven days a week confidential access to professional care, self-help programs and resources to help you deal with life's stresses such as depression or anxiety, childcare or eldercare, legal or financial concerns on [liveandworkwell.com](https://www.liveandworkwell.com)

Please know that all services are included as part of your benefits plan and are 100% confidential in accordance with the law. An email will be coming soon with more specific details.

cc: Board of Education  
Cabinet