

# Mental Health and Wellness Supports for Staff

## **EAP - Employee Assistance Program**

Is open to ALL AVUHSD employees and those living in their household.

Call **800-999-7222** 24-Hours a Day, or visit [anthemEAP.com](https://anthemEAP.com) and then enter "SISC" at the **yellow** "EAP Member Login" button.

Get help with Counseling, Family Health, Grief/Loss, Addiction & Recovery, Tobacco Cessation, and they also can assist with referrals to Legal and Financial Advisors.

All is completely confidential!

AVUHSD does NOT receive any of the information.

## **Support for Staff Affected by Trauma**

[Mental Health Staff Website](#)

[Headspace for Educators](#)

[Virtual Calming Website](#)

## **Teacher Resources for Students**

[Habitudes \(SEL\) Curriculum Website](#)

[Hustle University Behavior/ SEL Curriculum Website](#)

[Tobacco Alcohol Drug Diversion \(TADD\) Curriculum Website](#)

