



Emotional Wellbeing Solutions\*

## Virtual consultations are available through Emotional Wellbeing Solutions for Santa Clara Schools employees

Find support through a 1:1 virtual consultation with Monet Goldman, LMFT



### Support when you need it

Receive assistance for a variety of issues – from stress and relationship issues to communication strategies and beyond



### Getting you connected

Easy access to additional resources, other services and referrals



### Quick and easy scheduling

[Click here](#) or scan the QR code to register and book an appointment

Scan the QR code to register and book a consultation



### Monet Goldman, LMFT

Monet is a Licensed Marriage and Family Therapist with clinical experience in a variety of settings including in schools working with students and families. Monet works with clients of all ages in his robust private practice. Monet utilizes a solution-focused approach to assist clients in developing concrete strategies to address issues such as anxiety, stress, depression, and workplace issues. He can be reached at [Monet\\_Goldman@Optum.com](mailto:Monet_Goldman@Optum.com) or 952.251.3112.

In California, Emotional Wellbeing Solutions is known as Employee Assistance Program (EAP) and Dedicated Workplace Support is known as Onsite EAP.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and are subject to change. Coverage exclusions and limitations may apply. \*Optum Emotional Wellbeing Solutions is known as Employee Assistance Program (EAP) in California.

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