

CONFIDENTIAL COUNSELING

South San Antonio ISD provides an Employee Assistance Program to help you navigate through challenging times in life.

Available 24/7 connect with a Guidance Consultant who will provide you resources, referrals, and answer questions you may have.

The first 3 sessions are at no cost!
Call: 855.387.9727 or use WebID:
ONEAMERICA3



CARE ZONE

SSAISD District's CARE Zone (carezone@southsanisd.net) is located at 2454 W. Southcross, San Antonio, TX 78211. Care Zone offers no-cost mental wellness services.



TRS ACTIVE-CARE MENTAL HEALTH IS COVERED!

Take the first step by making an appointment with a mental health provider:

Teladoc

Provides virtual mental health care.

Headway

Find access to bcbs providers for in-person or virtual mental health care.

- \$0 for TRS-ActiveCare Primary
- \$0 for TRS-ActiveCare Primary+
- 30% coinsurance after deductible for TRS-ActiveCare HD

