

BEHAVIORAL HEALTH RESOURCES AND CARE



Your mental health matters

Taking care of your mental health is important. When our minds aren't feeling good, it can affect our whole body and make our physical health worse. Studies even say that stress can lead to issues like high blood pressure, heart disease and obesity. Feeling down or stressed a lot might also increase the chance of getting sick.



How can your health plan help?

Dealing with mental health challenges can be hard, but we're here to guide you. We've got tools and info to help you stay on track, making us your go-to source. We offer support for various mental health issues. You can choose from online solutions, in-person care or virtual options. We want you to get the care you need the way you want it.

Find an affirming provider to support your mental health journey

Finding the right mental health provider is the first step. Pick someone you're comfortable talking to so you can start feeling like yourself again. If you choose a provider in your network, it'll save you money. Use the Find Care tool to search for a psychiatrist, psychologist, nurse, social worker or counselor in your network.

Help is available online

Life is busy. Maybe you don't have time for face-to-face meetings. If that's you, online care solutions are available. These easy-to-use apps give you privacy and 24/7 access. Choose the one that fits your needs and sign up today.

We offer online help for:

- ♦ Moderate to severe anxiety and depression.
- ♦ Obsessive-compulsive disorder.
- ♦ Opioid addiction.
- ♦ Eating disorders.

BEHAVIORAL HEALTH INSURANCE



Mental health support and resources

If you need urgent help, call 911 or use the emergency numbers below:

- ◆ Substance Use Helpline: Call 800-662-4357.
- ◆ National Domestic Violence Hotline: Call 800-799-7233 (TTY: 800-787-3224).
- ◆ 988 Suicide and Crisis Lifeline: Call or text 988 or chat at [www.988Lifeline.org/chat](https://www.988lifeline.org/chat).
- ◆ The Crisis Text Line: Text "Home" to 741741.

Ready to start?

To access your behavioral health resources, sign in to My Health Toolkit®. Go to **Wellness & Care Management**. Then select **Mental and Behavioral Health**.

Call the number on the back of your member ID card if you have any questions. Please note: your employer may offer behavioral health resources through another benefit.



EMPLOYEE ASSISTANCE PROGRAM

Lucet EAP

The Employee Assistance Program (EAP) is a benefit program intended to ensure a healthy work environment for all staff. Through a partnership between the Pasco County Schools and Lucet (our behavioral health care provider), our employees will have access to enhanced services. These services include counseling and referral for personal or work-related issues, health coaching, legal and financial consultation, and a wealth of on-line resources.

Why does Pasco County Schools need an EAP?

- Benefits individuals needing help
- Improves the health and effectiveness of the organization
- Reduces rising medical insurance costs
- Reduces sick leave utilization
- Increases employee effectiveness and productivity

Who can access services through EAP?

Active School Board employees can access EAP services. Employees may be full or part time, active or on leave. Services are also available for all insurable dependents and our employees.

How many free counseling services are provided?

Up to five (5) counseling sessions are available per issue, at no cost, for each employee, retiree, and insurable dependent of an employee.

If more specialized, intensive services are needed, the employee (or dependent, retiree) will be connected with the appropriate professional as available through the behavioral health insurance plan or other resources.

Where are counseling services provided?

Counseling services are available in private offices in Land O' Lakes, Lutz, Dade City, New Port Richey, Port Richey, Spring Hill, Tampa, Tarpon Springs, Trinity, Wesley Chapel, and Zephyrhills. All locations are totally separate from any school or district campuses.

When are services provided?

All of the EAP providers are individual professionals who schedule appointments according to their office hours. Most providers offer some appointments during the after school hours and/or on weekends.

What credentials do the counselors have?

All counselors are licensed through the Florida Department of Health. Program counselors include licensed psychologists, marriage and family therapists, mental health counselors, or clinical social workers. Some of the providers are also substance abuse professionals or certified addictions professionals.

What additional services are available through the EAP?

In addition to counseling services, the EAP offers

- Legal and Financial Consultation (face to face or telephonic)
- Health Coaching
- Elder Care Consultation
- Healthcare-related information, self-assessment, and educational guides
- Access to telephonic or on-line information and resources for varied Work/Life issues.
- Web-based family resource services
- Online Health Risk Assessments
- Interactive EAP website.

What types of issues can be addressed by the counseling and referral services?

In addition to counseling services, the EAP offers

- Marital and relationship issues
- Family/Child adjustment issues
- Job-related stress
- Stress/Burnout
- Depression
- Anxiety/Panic Attacks
- Alcohol/Substance Abuse
- Eating Disorders
- Tobacco Addiction
- Legal Issues
- Financial consultation

If you feel that you or your family needs assistance with these or any other issues, please call for help: **Lucet EAP services at 1-800-624-5544** / Direct referral to the District School Board's local counselor/ Clinical Coordinator or for further information:
Central Pasco - (813) 794-2366 | East Pasco- (352) 524-2366 West Pasco- (727) 774-2366

EMPLOYEE ASSISTANCE PROGRAM



Employee
Assistance Program



Personalized care and resources,
when you need them.

Whether it's planning for your financial future or beginning to seek mental health resources, your Employee Assistance Program (EAP) is here to help. Available to you and your household members, Lucet's EAP is your first step to resources, counseling and so much more to support your wellbeing.

We're here to help

Stress, relationships, work and money. These are the most common reasons people reach out to EAP every year. No matter what issues you're facing, the resources you access are confidential so feel safe knowing you can begin addressing any of your personal challenges today.

EAP Services & Resources

Help for every day life

- ☐ **Counseling**
Call us or go online to access no-cost sessions with a provider.
- ☐ **Legal & Financial**
Navigating finances and the legal system with a no-cost 30-minute telephonic consultation per issue.
- ☐ **Work/Life**
Referrals and resources for family, career, caregiving, health and wellness needs.
- ☐ **Coaching**
Sessions with a life coach designed to promote self-awareness and clarify goals.



★ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit eap.lucethealth.com

Your company code: pasco

5 counseling/coaching sessions, per topic, per year.



Scan to learn more at
eap.lucethealth.com