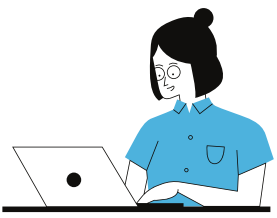




# EMOTIONAL AWARENESS PROGRAM

## I need help finding resources

Humana EAP & Work Life Services offers:



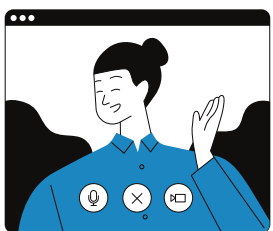
**work life** - relationship issues, planning trips and events, child and elder care.



**legal guidance** - consultations, online wills, identity theft services, legal documents.



**financial resources** - consultations, debt/credit management, investing, and savings.



**online support** - webinars, articles, podcasts, etc.



**life coach** - personalized coaching to support personal & professional goals.

**(1-866-440-6556) or [www.humana.com/eap](http://www.humana.com/eap)  
username and password "scs"**

## I need someone now

Crisis Text Line - text HERE4U to 741741

Humana EAP - call 1-866-440-6556

## I can wait for an appointment

New Directions | Florida Blue  
call 1-866-287-9569

Humana EAP  
call 1-866-440-6556



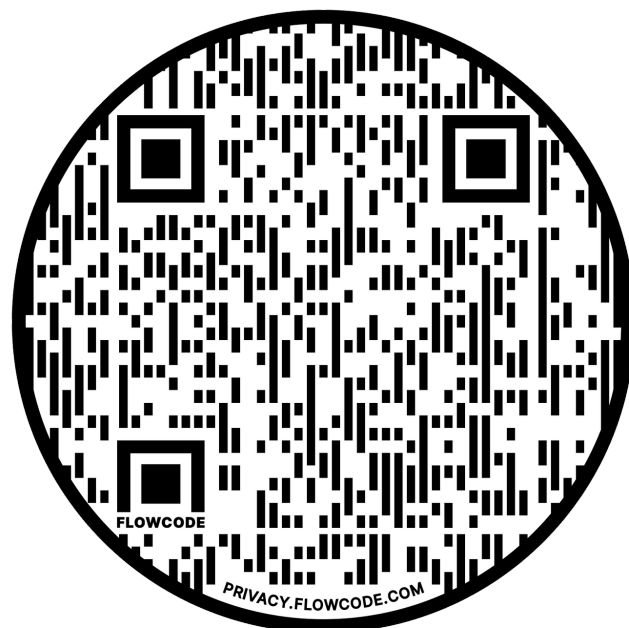
## Take care of your emotional and mental well-being

New Directions is available to staff on the District Florida Blue medical plan.

Humana EAP and Work Life Services is available to all employees and members of their household.

Participant's may receive up to 3 free sessions per unique issue using Humana EAP and Work Life Services.

Online resources available at [www.humana.com/eap](http://www.humana.com/eap) (username and password "scs").



Scan me!

Sarasota County Schools  
Employee Wellness  
Emotional Awareness Program

## Helpful apps

that promote mindfulness and stress management.

- Inner Explorer
- MyLife Meditation
- Headspace

