

Unified School District 320 Wamego Public Schools

1008 8th Street
Wamego, KS 66547



www.usd320.com

785-456-7643
Fax 785-456-8125

We care about YOU!

Please take a moment to enter the FREE Employee Assistance Program phone number in your phone, so if and when you or a colleague need it, you can easily access it!

Save it in your phone as whatever makes sense to you (Free Counseling, Employee Assistance Program EAP, Therapy, etc.)

Number to Save: 800-386-7055



This is COMPLETELY CONFIDENTIAL, AND FREE FOR ALL USD 320 employees and their family members!

- Free 24/7 toll free line for employee or employee family members crisis help calls!
- Up to 3 face-to-face, video, or phone counseling sessions.
- Free Online Support Groups
- 24/7 Chat for emotional support and check-ins to boost wellness

VISIT THEM ON THE WEB AT <https://worklife.uprisehealth.com/employee-resources/>
ACCESS CODE: WORKLIFE

FREE assistance with the following topics:

<p>Coaching</p> <p>Online skill building for mental wellbeing and life issues. Members and household dependents (age 18+) can also schedule up to 3 coaching sessions per year.</p> <p>Learn More</p>	<p>Short-Term Counseling</p> <p>Members and household dependents can receive up to 3 in-person or virtual counseling sessions per issue.</p> <p>Learn More</p>	<p>Work-Life Matters (EAP)</p> <p>Resources to help balance work and life responsibilities with family and caregiving, health and wellness, emotional wellbeing, daily living, and employee discounts (Perks at Work).</p> <p>Learn More</p>	<p>Financial Services</p> <p>Unlimited telephonic support for financial problems or planning needs; 30 days of access with a personal money coach; extensive online financial library and calculators.</p> <p>Learn More</p>
<p>Legal Services</p> <p>Unlimited telephonic support and free initial 30-minute consultation with an attorney, with a 25% discount on attorney services thereafter; online legal forms; extensive law library; identity theft.</p> <p>Learn More</p>	<p>Online Legal Documents</p> <p>Online self-service documents; free 30-minute consultation (part of Legal Consultation offering) can be used for estate planning / will preparation.</p> <p>Learn More</p>	<p>Resources</p> <p>Access newsletters, resource flyers, webinars, articles, training and more.</p> <p>Learn More</p>	<p>COVID-19 Resources</p> <p>Online support and resources for COVID-19 related challenges.</p> <p>Learn More</p>

Additional Information can be found here: <https://worklife.uprisehealth.com/>