



District employees:

These are uniquely stressful times for everyone, filled with rapid change and uncertainty, and we expect that many of our employees could find themselves in need of additional care and support.

We want to remind all employees about a robust resource already in place called the **Employee Assistance Program (EAP)**.

EAP stands ready to provide up to **five (5) individual counseling sessions, per issue, per policy year**, either in person, **or by telephone or web-video conference** for problems related to:

- **Childcare and eldercare assistance;**
- **Daily living services (arranging help with errands);**
- **Stress, anxiety, changes in mood, sadness;**
- **Grief, loss or response to traumatic events (like COVID-19);**
- **Financial or legal services; and/or**
- **Concerns about use of drugs or alcohol**

These services can be accessed **24/7** either by calling:

(800) 227-1060 (TTY users call 711)

-or visiting-

<https://members.mhn.com/external/public/default/login>

4CD Employee login code: **ccccstudent**

Use of these services is confidential between you, the EAP, and the individual professional providers they connect you with.

No personal information is shared with the District.

Please reach out for help whenever, and wherever you need it. If you have additional questions, concerns, or feedback, please feel free to contact me for assistance.

Jerry Johnson

4CD Director of Risk Management

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