

BCTF SUPPORTS AVAILABLE



Teachers with contracts 0.4 FTE and over can access all services.
All others teachers have access to those services in **RED**

FSEAP	Employee and Family Assistance Program – 1-800-667-0993 or www.fseap.ca (SD5 as employer and 2bwell as password). FREE
Health & Wellness program	One to one consultant to work on work/life balance, cost sharing, ergonomic assessments. FREE
Starling Minds	An online mental health and wellness toolkit, designed just for teachers that provides education and training to manage stress and prevent anxiety and depression. FREE
Well Teacher Groups	The Well Teacher groups provide educators the time and space to work with their colleagues and a trained wellness facilitator to work on their wellness. The program uses “The Well Teacher” book which can be found in each school. FREE
Peer Support	This service is designed to provide direct, individual assistance to active teachers who are experiencing difficulty with their teaching practice or would like feedback. FREE
Benefits	Access Psychologists (\$900/calendar year), Massages, Physio, Acupuncture, Chiropractor services, Online Cognitive Therapy, Naturopath – Check out Pacific Blue Cross for a complete list.
Sick Days	Use them or lose them! If you need a leave, contact your Dr. and get a note – that starts the process. Scared of running out? Salary Indemnity Plan kicks in (with paperwork) to pay you 50% of your salary but there are no deductions from your pay. Medical leave can range from an afternoon off per week to a full-time leave
Mentoring	We have a very active mentorship program for new and not so new teachers. Check out the website for the paperwork!

Call the Local Office if you have any questions or would like us to refer you to the programs.