

# SUPPORTS AVAILABLE



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

<b>FSEAP</b>	<a href="#">Employee and Family Assistance Program</a> or call 1-800-667-0993 (School District #05 Southeast Kootenay is the group name and 2bwell is the password). FREE
<b>Health &amp; Wellness program</b>	<a href="#">Health and Wellness</a> offers a one-to-one consultant to work on work/life balance, cost sharing, ergonomic assessments. FREE
<b>Starling Minds</b>	<a href="#">Starling Minds</a> is an online mental health and wellness toolkit, designed just for teachers that provides education and training to manage stress and prevent anxiety and depression. Find it <a href="#">here</a> FREE
<b>Well Teacher Groups</b>	The <a href="#">Well Teacher</a> 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
<b>Peer Support</b>	<a href="#">Peer Support</a> is designed to provide direct, individual assistance to active teachers who are experiencing difficulty with their teaching practice or would like feedback. FREE
<b>Benefits</b>	Access Psychologists, registered Counsellors, Social Workers, Massage and Physiotherapists, Acupuncturists, Chiropractic services, Online Cognitive Therapy, Naturopathic services – Check out <a href="#">Pacific Blue Cross</a> for a complete list. Our Group number is 20005
<b>Sick Days</b>	<b>Use them or lose them!</b> 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 with no deductions from your pay. Medical leave can range from an afternoon off per week to a full-time leave
<b>Mentoring</b>	We have a very active mentorship program for new and not so new teachers. Check out the <a href="#">CDTA website</a> for the paperwork!

**Call the Local Office at 250-489-3717 if you have any questions or would like us to refer you to any of the programs.**