



Challenging young minds to soar.

Dr. Eisa M. Cox, *Superintendent* • C.B. Jones, Jr., *Chairman* • Dr. Lee Beckworth, *Vice Chairman* • Dianne Eldreth • Polly Jones • Keith McClure

August 24, 2020

RE: EMPLOYEE ASSISTANCE FOR MENTAL HEALTH SERVICES

ACS Staff,

I hope that you all are doing well and that your school year is off to a great start! I know that this year is different from every other year and with that there can be additional stress and pressure added to life at work and in general. It is our goal to support the staff members of Ashe County Schools not only with resources and materials for the classroom, but also resources for mental health and well-being.

Ashe County Schools will continue to offer employees support through the **“Ashe County Schools Employee Assistance Program”** if a situation were to arise where an employee feels the need to receive professional counseling services. The state of North Carolina also offers assistance to all state workers and their families through the **“North Carolina Employee Assistance Program.”** In addition, the North Carolina Department of Health and Human Services (NCDHHS) is expanding the **“Hope 4 Healers Helpline”** to serve North Carolina’s teachers, school personnel, and their families. Basically, an employee or family member can contact the helpline to speak with people who are trained to listen and support. Then the employee or family member will be contacted on the following day by a licensed mental health professional for a free, confidential, short-term follow-up by phone or video chat.

I have included links below to each of these programs. As always, feel free to reach out to me at any time should you have a need. Thank you for all that you do for our students and our school community.

Links: [ACS Employee Assistance Program](#); [NC Employee Assistance Program](#); [Hope 4 Healers Helpline](#)

Roy Putman
Director of Human Resources
Ashe County Schools