

GIC Coordinators, please share the email below with employees in your agency.
Thank you in advance.



Find the support you need for back-to-school



Whether you have new students just starting school, or enjoy teens and college students stretching their academic wings, the Mass4YOU Employee Assistance Program is here to support you. Find helpful tools for parents to manage stress and change, with resources and information for all ages and lifestages.

- Referrals to local parents’ groups
- Support for stress, anxiety and more
- Help finding childcare centers or in-home tutors
- Information on educational apps and activities, ideas for setting up an in-home studying area, and more

Tips for helping children manage stress during transitions:

1. **Share information.** Listen and answer any questions they may have.
2. **Help them feel secure.** Be reassuring about their safety. Validate their feelings — it is OK to feel anxious or nervous.
3. **Define boundaries.** Limit exposure to news coverage. This includes social media.
4. **Create regular routines.** Set a regular schedule for studying or learning, making sure to include fun activities, too.
5. **Set a good example.** Maintain healthy eating habits, and get plenty of rest and physical activity.
6. **Stay connected.** Establish how you’ll communicate with friends and family through available methods — phone calls, text, over the internet or even through letters in the mail.

Want support throughout the school year?

Contact Mass4YOU Employee Assistance Program



Call
1-844-263-1982



Visit
liveandworkwell.com
Use (access code mass4you)



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