



Mental Health Resources for LC State Employees:

- Employee Assistance Program (EAP) <https://ogi.idaho.gov>
- Guidance Resources website at www.guidanceresources.com
 - Blue Cross of Idaho website www.bcidaho.com
 - Office of Group Insurance website www.ogi.idaho.gov

COVID-19 Webinars on the Guidance Resource Website:

- Coping with COVID-19 related stress
- Coping with a member of your family testing positive
 - Calming your fears of COVID-19

Stress Relief:

- Complete your release form for 60 minutes of health-related release time each week
 - Free online workouts
 - Continuous stress management workshops
 - Employee discounts to local fitness centers
 - Free membership to LC State fitness center
 - Remember to take your vacation time!

Check out our wellness
website weekly for new
activities!

www.lcsc.edu/wellness

