

Mental Health Resources for Minnetonka Schools Staff

VITAL WorkLife Employee Assistance Program:

[CLICK HERE](#)

Employees and their family have free, confidential access to VITAL WorkLife, our employee assistance program.

VITAL WorkLife counselors can help you and your family understand your fears, normalize your concerns and identify coping mechanisms during these uncertain times. Telephonic in-the-moment support, which is available anytime, day or night, connects you and your family members with a licensed behavioral health consultant who can talk through anxieties or concerns, all in the comfort of your own home. Their phone number is **800.383.1908**.

Web resources are available on the member website:

<https://www.vitalworklife.com/member-login/>. Minnetonka employee login is **Minnetonka** and password is **member**. Employees can also access the EAP website directly through My SSO. By clicking on the Employee Assistance Program app, you will automatically be logged into their website.

Additional Resources:

- [National Suicide Prevention Lifeline](#): 1-800-273-8255
- [American Foundation for Suicide Prevention](#)
- [National Alliance on Mental Illness](#): 1-800-950-6264 or text NAMI to 741741 for 24/7 crisis counseling
- [EAP](#) (Employee Assistance Program) - Voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems. To find your agency's EAP administrator, use the work/life contact tool is available [here](#).
[What is EAP Counseling?](#)
- [Al-Anon](#): People who are worried about someone with a drinking problem.
- [Alcoholics Anonymous](#)
- [SAMHSA](#) (Substance Abuse and Mental Health Services Administration) - SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders
- [National Institute of Mental Health – Shareable Resources on Depression](#)

