



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECAUSE WE CARE

YMCA OF THE SUNCOAST

The YMCA of the Suncoast has two employee groups that have recently elevated stress management and mental wellness as areas that staff may need support. As a result, we have engaged with BayCare to pilot support services in a Work Life Resource Program, including:

- ▶ **Up to three in person sessions with a licensed clinical therapist.**
- ▶ **Unlimited telephonic support from licensed clinical therapists.**
- ▶ **Legal and financial planning services.**

Our plan is to offer these services for the next two years and evaluate usage.

This benefit is
being offered at
NO COST
to all regularly
scheduled staff!



To access these resources call 800.878.5470 or contact BayCareEAP@BayCare.org.