



espyr®

imagine. achieve. conquer.

For an overview of our Employee Assistance Program's website, visit

care.espyr.com

and log in using

password: **JCSS2018**

We invite you to visit **Jones County School System's** EAP website. The website is a resource available to help you and your family to build resilience and get answers to some of life's toughest questions. You may even confidentially request no-cost EAP services from the site.

Each day we are faced with events that can have an effect on us, both personally and professionally. Whether it is childcare, financial, legal, health, or emotional issues, the effects are often felt in all areas of our life. In order to better prepare us for all the challenges we may face, the EAP has compiled information to educate and enlighten in all major life areas. The website offers assessments, videos, quizzes, training courses, articles, calculators, and much more.

Topics covered include:

- Emotional Wellbeing
- Relationships/Parenting
- Health and Wellness
- Financial education
- Legal matters
- Personal/Professional Growth
- Plus, monthly Webinars



Visit the EAP website at care.espyr.com

Log in using your password: **JCSS2018**

You may also contact the EAP at **(800) 869-0276**