



# EMPLOYEE WELLNESS RESOURCES

Reach  
Out

Employee  
Assistance  
Program

(User-name: LFGSupport  
Password: LFGSupport1)

Social &  
Emotional  
Well-Being

Mental &  
Physical  
Health

Be  
Active

Stay  
Connected

Love  
Yourself

Thrive

**OUSD**  
**STRONGER**  
**TOGETHER**

