

From: CSCU-Announcement <CSCU-Announcement@ct.edu>
Sent: Wednesday, November 10, 2021 10:44 AM
Subject: RE: Mental Health And Other Supports For Employees

Dear CSU and COSC Employees:

The below message was sent in error and was intended only for community college and CSCU system office employees. State university and Charter Oak State College employees can continue to access supports through their current EAP service provider.

Apologies for any inconvenience.

From: CSCU-Announcement <CSCU-Announcement@ct.edu>
Sent: Wednesday, November 10, 2021 10:04 AM
To: CSCU-Announcement <CSCU-Announcement@ct.edu>
Subject: RE: Mental Health And Other Supports For Employees

Dear CSCU Community,

We have received some questions regarding eligibility for the Lexington Group's services, particularly from adjunct or part-time employees. To clarify, **these services are available to all employees, whether they are full or part-time**, except for student workers who have access to mental health services online through illumu.com.

CSCU's Human Resources department has been in touch with the Lexington Group, and any initial access issues have been resolved.

Once again, I encourage anyone who could use additional support in any area of their personal life to reach out to the Lexington Group.

- [Visit the Lexington Group's website \(the-lexington-group.com\)](https://the-lexington-group.com)

Sincerely,

Terrence Cheng
President, CSCU

From: CSCU-President <CSCU-President@ct.edu>
Sent: Tuesday, November 2, 2021 11:34 AM
To: CSCU-President <CSCU-President@ct.edu>
Subject: Mental Health And Other Supports For Employees

Dear College and System Office Employees,

I am writing to remind you that in May, Human Resources announced a partnership with the Lexington Group to provide emotional supports for our employees and their families through the EAP. We recognize that the past nearly two years have been especially hard on all of us, and CSCU is making these services available to provide additional assistance during difficult times.

Through the Lexington Group, all of us now have access to confidential in-person counseling services, with remote options also available in many cases.

The Lexington Group can be contacted 24/7 for immediate and confidential access at **1-800-676-HELP (4357)**. You can also request clinical services or read more about the program online.

- [Visit the Lexington Group's website \(the-lexington-group.com\)](https://the-lexington-group.com)

Your unique employee password is: "cscuE"

In addition to mental health options, the Lexington Group can assist with any personal problem, including marriage and family, financial, substance abuse, and workplace concerns – securely and confidentially.

It is more important than ever that all of us prioritize our mental and emotional wellbeing, and I encourage anyone who is struggling or could use additional support in any area of their personal life to utilize these important services.

Sincerely,

Terrence Cheng
President, CSCU

