

Counseling Services

COVID Staff Support Program

The COVID Staff Support Program offers free counseling services to any Fargo Public Schools employee between February 8 and May 14 or while funds last. Services will be provided through Together Counseling.

Each session occurs between a staff member and a licensed mental health therapist who is often from a different community. The 30-minute sessions are individually customized, and may include strategies on stress management, relaxation, and coping.

Each session is free, confidential, and virtual. Insurance will not be billed. Sessions may occur one time each week per employee, are based on therapists' schedules, and can be scheduled during prep time, duty-free lunch, or outside the workday. Sessions cannot interfere with the day-to-day work of the employee. Staff may need to work with supervisors to find a reasonable time to participate (break, lunch, etc.).

When scheduling a session, employees must indicate their status as a Fargo Public Schools employee and that the session is to be part of the district's COVID Staff Support Program.

TO SCHEDULE A SESSION, CONTACT:

Together Counseling at 701.404.0997

