

EQ2 SUPPORT

Description:

Employee Wellness is partnering with the Lionheart Foundation to provide an "interactive training and support program for direct care staff working with youth at risk." EQ2 is currently available to all Lakemary employees through the app, which guides its users through interactive techniques for social and emotional regulation. As the program develops, support groups will become available.

Find out more about this resource by visiting The Lionheart Foundation webpage- <https://lionheart.org/lionheart-programs/eq2>.

Eligibility Requirements:

Available to all Lakemary employees.

Using the App:

1. Download the app- EQ2: Staff Support



2. Login using **Lakemary's Agency Code:** [Lakemary](#)
3. Watch the tutorial to learn how to use the app including what resources are available.

If you have any questions or concerns, please reach out to Employee Wellness at grace.davis@lakemary.org or call (913) 359-5424.