

# Your Employee Assistance Program



An Employer-Sponsored Benefit  
for Employees and Family Members  
provided by the

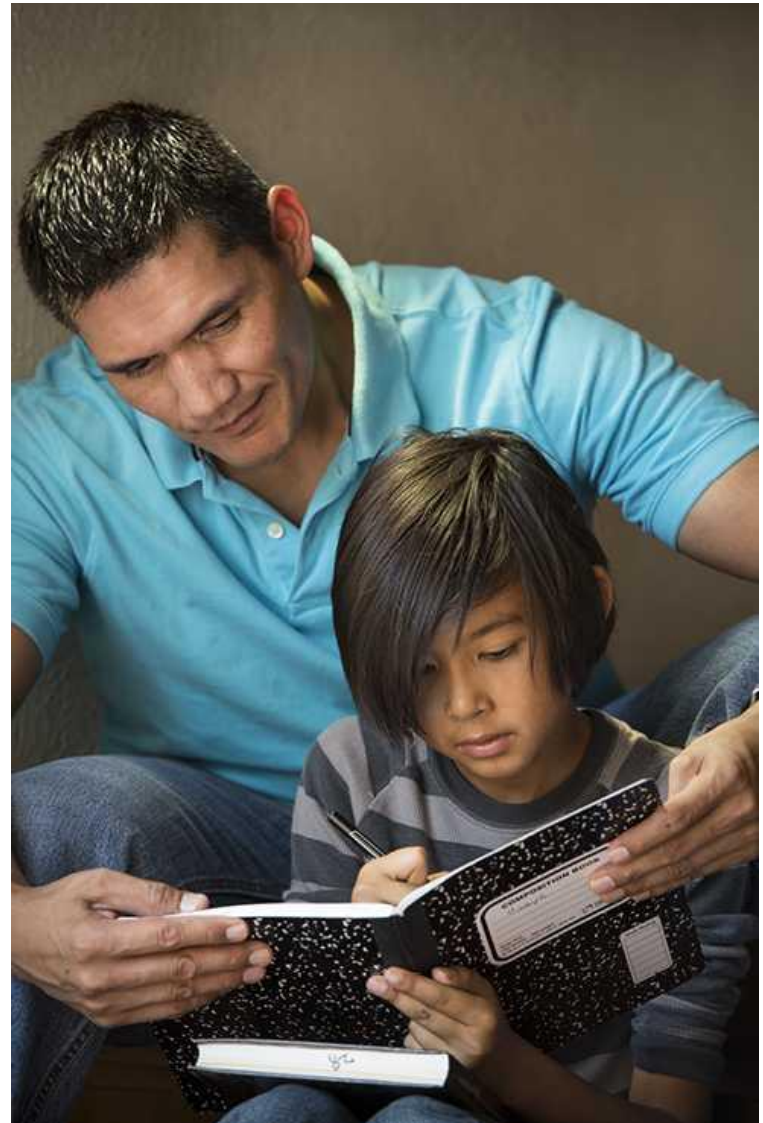


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# What is an EAP?

*An employee assistance program is an employer-paid benefit designed to assist employees (and their family members) in resolving personal or work problems that may be adversely affecting employee well-being.*



# Who Can Use the EAP?

*The EAP is available to all employees, household members and eligible dependents.*





# Counseling Services

For Employees and Family Members



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# Short-Term Counseling Can Help



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Stress and anxiety

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Grief and loss

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Emotional reactions and regulation

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Workplace problems

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Marital, relationship or family conflict

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Parenting/Co-parenting

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Drug or alcohol concerns

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Other addictive behaviors

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Caregiving responsibilities

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Legal or financial problems

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# What You Can Expect

- Qualified, licensed professionals
- Face-to-face, telephonic or video meetings
- Clinical assessment
- Clarification of the problem
- Identification of options
- Joint development of a plan
- Referral to relevant resources



# How Much Does it Cost?

*Services are provided free to employees - at no cost or copay*

- Employees have up to six (6) sessions per person, per problem, per year.
- If your EAP counselor determines you need additional services, you may be referred to care in your community or through your insurance.







# Are Services Really Confidential?

**Confidentiality is protected to the fullest degree provided by law.**

- Your employer is never notified of your participation with the EAP without your consent.
- Confidentiality does not extend to cases of child or elder abuse; if you are a threat to yourself or others; or if you are subject to a relevant court order.





# Group Services

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Critical Incident Response

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Employee Orientations

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Grief Groups

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# Work/Life Services

Legal – Financial – Daily Living

# Legal and Financial

Free initial legal consultation on civil or criminal matters with discounted fees

Free consultation with financial specialists on budgeting, credit, financial planning and more

Identity theft and recovery assistance

Online legal and financial library with downloadable forms and calculators

Employee Savings Center





# Child Care and Education

Referrals to local care providers to include family child care, day care centers, nannies and babysitters

Back-up care options

Camps, schools, tutors, recreational activities and more

Comprehensive online library

Phone consultation with child development experts



# Elder Care & Caregiving

Referrals to local care providers to include housing options, day care, in-home care and respite care

Referrals to community resources such as meal programs and transportation

Referrals to caregiver support groups

Library of articles and tip sheets on all aspects of elder caregiving, successful aging, adjusting to retirement, and senior health







## Daily Living

- Referrals to assist with daily living such as home maintenance, pet care, travel, dining and entertainment
- Referrals to community resources such churches, government offices, recreation facilities and volunteer opportunities
- Online library with articles and tips on home repair, disaster preparedness, travel, holiday planning and more



A man with dark hair, wearing a teal t-shirt and blue jeans, is sitting in a red armchair. He is holding a white smartphone in his hands and looking at it. The room has yellow walls, a wooden cabinet on the wall, and a window with yellow curtains. A lamp with a patterned shade is visible next to the chair. A red ottoman is in the foreground.

# Online Services

Webinars, Tools and Resources



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# Online and On-Demand

- Free Live Webinars
  - Quarterly EAP Webinars
  - Monthly Work/Life Seminars
  - Pre-recorded Programs
- MyStressTools Resilience Tool
- Work/Life Library





## Online Resiliency & Stress Reduction

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A comprehensive stress profile

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Podcasts/Webinars

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Relaxation music

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Guided relaxation videos

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Yoga

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Expert Q&A

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Emotional Intelligence Tips

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Help for Insomnia

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NEW! Brief Mindfulness practice and “sense” breaks





# myStressTools



## **Stress Profiler**

Think of this tool as your stress thermometer.



## **Daily Journal**

Unlock the door to stress awareness.



## **Brain Training**

Start thinking clearly.



## **Videos**

Watch to learn or watch to relax.



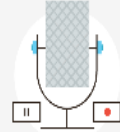
## **Audio**

Find peace of mind through music and meditation.



## **Webinars**

Gain insight into your stress.



## **Podcasts**

Listen to the experts.



## **Articles**

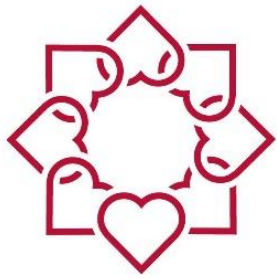
Read all about living well.



## **Q & A**

Hear the experts answer your questions.





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**Easy Access Anytime 24/7/365**

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**Counseling & Consultation**

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505-254-3555 / 866-254-3555

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**Work/Life Guidance & Referrals**

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