

EMPLOYEE ASSISTANCE PROGRAM

EAP is your resource for assistance with managing problems at home and at work. EAP provides you and eligible family members with a no-cost, confidential and user-friendly resource for life management concerns such as:

- Emotional and mental health well-being
- Maintaining a healthy lifestyle
- Successful communication
- Alcohol and drug abuse
- Relationship issues
- Legal concerns
- Financial concerns
- Dependent adult care
- Childcare needs
- Everyday concerns and resources

Confidentiality

Your EAP is a professional and confidential service. All contact with EAP is confidential in keeping with federal and state laws and professional guidelines.

What Services are Available?

Telephone Consultations: EAP provides 24-hour, 7 day a week toll free telephone access to licensed mental health professionals for consultation, information, assistance and resources for a variety of concerns.

Face - to - Face Counseling Visits: EAP provides you and eligible family members with access to professional mental health providers near your work or home to assist with many concerns.

Legal Services: EAP provides consultations with a legal professional. You and eligible family members can call EAP and request one 30 minute in-person or telephonic consultation, per separate issue, with a network attorney at no cost to you. If you choose to continue working with the attorney, continued services are offered at a discounted rate from the attorney's usual hourly rate. Examples of services include:

- Divorce/custody
- Criminal concerns
- Civil issues
- Estate planning
- Consumer issues

Legal issues involving employer and health insurance situations are not covered by this service.

Financial Services: EAP offers telephone consultations for you and eligible family members with a financial professional. Telephone consultations are typically 30-60 minutes in length, per separate issue. Examples of consultations include:

- Debt and credit management
- Saving for education and retirement
- Life event planning such as buying a home

ID Theft Protection and Recovery: EAP offers free support for you and eligible family members with assessing your risk level and then identifying steps to resolve potential identity theft. For those who have had their identity stolen a specialist can assist, at no charge to you, with:

- completing any necessary paperwork
- reporting to the consumer credit agencies
- negotiating with creditors to repair debt history

Live Tobacco Free: The program offers free support for you and eligible family members with becoming cigarette and chewing tobacco free. The program provides:

- Unlimited telephonic coaching sessions with a coach
- A 10 session on-line program focused on quitting
- Interactive web tools and resources

On-line Resources Include:

- Legal and financial tools and calculators to assist with debt and credit management and life events such as buying a home or car and saving for education and retirement
- Work/Life assistance including an online provider database for child and dependent adult care, convenience services and education options, and a library of information on topics such as

consumer resources, parenting, healthy communication, health and wellness and balancing work and family

- Assessments and learning tools for self-development
- Tools with resources for managers in their day-to-day work

All EAP services are confidential and individual usage and details are not reported to the District.