

EMPLOYEE ASSISTANCE PROGRAM

TELE-EAP COACHING

Professional telephonic coaching to help employees find solutions for balancing work and home life, reduce stress, and manage time is just a phone call away.

Members can engage with their coach over the phone at a time and place convenient to them, without having to worry about travel time or traffic. Most calls last approximately 40 minutes and are unlimited. Members can call whenever they feel the need and if further assistance is necessary, including face-to-face counseling, the coach will help arrange for that as well.

The Employee Assistance Program (EAP) offers guidance and assistance for everyday situations, from suggestions on how to balance the pressure of work with the rush of home life to enhancing time management skills. Professional coaches are available through EAP to state employees and their eligible family members for telephone consultations on topics such as:

- Stress reduction
- Work-life balance
- Time management
- And more!

Tele-coaching can enhance people's professional and personal lives. Talking with a coach can result in:

- Less stress
- Increased self-confidence
- Clarity of goals
- Improved productivity
- Better life balance
- Different perspectives and opportunities for change and growth
- Motivation and hope



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1-866-EAP-4SOC (1-866-327-4762)
TTY USERS SHOULD CALL: 1-800-424-6117
www.eap.calhr.ca.gov

Getting Help

Call the toll-free number or go online at
www.eap.calhr.ca.gov.



Log on to www.eap.calhr.ca.gov today!

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