

EMPLOYEE ASSISTANCE PROGRAM

Your resource for help with daily challenges and difficult situations.

MESSAGING THERAPY

Mental health affects every aspect of our lives. In the workplace, and at home, it's especially important to pay attention to your wellbeing.

What is messaging therapy?

EAP offers confidential, messaging therapy, provided by Talkspace, at no cost to you. Messaging therapy enables you to send a message to your therapist anytime via your web browser or mobile app. You are eligible for up to four sessions of messaging therapy. A typical session is about one week. These sessions do not count against your EAP clinical services.

How does it work?

With messaging therapy, you'll have access to one of more than 3,000 licensed therapists across the United States who are trained to be empathetic and use evidence-based clinical approaches. You can send your therapist a secure message whenever you need to, and they will typically engage daily, Monday through Friday. To get the best results, plan to engage with your therapist at least three times during the week, from wherever you are!

As always, if you are in crisis or need immediate support, please dial 911 immediately.

Features include:

- Available to State of California employees, and their spouses, registered domestic partners, and dependent children who are ages 18 to 23.
- Get matched to a therapist based on your unique needs.
- Engage with a licensed therapist the same day that help is needed.
- Develop a one-on-one relationship with the same therapist throughout your engagement.

This free, confidential service offers help for a variety of concerns, including, but not limited to:

- Family and relationship issues.
- Anxiety and depression.
- Addiction and substance abuse.
- PTSD (Post Traumatic Stress Disorder).

Get started today.

- Go to www.eap.calhr.ca.gov.
- Click the Messaging Therapy carousel image on the home page.
- Click the visit talkspace.com/SOCEAP link.
- Enter **SOC** as your organization name and answer a few brief questions.
- You will be matched to a therapist.

