

Employee Assistance Program

Your Emotional Health & Wellness Newsletter

Welcome to Your Employee Assistance Program

The State of California is offering a new Employee Assistance Program (EAP), through Magellan Healthcare. Your EAP is completely confidential and is available to you and your family members at any time day or night—all at no cost to you.

You will continue to receive EAP services such as:

- Clinical support.
- Child and elder care.
- Financial services.
- Legal services.
- Identity theft recovery services.

New services being offered are:

- Online EAP authorization.
- Live chat.
- Telephonic EAP coaching.
- Web-based confidential care.
- Health and wellness programs.

Start enjoying many of the benefits EAP offers you, so you can focus on the important things in life. Simply call 1-866-EAP-4SOC (1-866-327-4762) or visit our new website at www.eap.calhr.ca.gov.



Employee Assistance Program
1-866-EAP-4SOC (1-866-327-4762)

TTY users should call 1-800-424-6117

Visit us online: www.eap.calhr.ca.gov



You can use EAP for many different reasons like:

- Struggling with stress and anxiety.
- Finding time and balance in life.
- Feeling down or sad.
- Coping with the loss of a loved one.
- Difficulty with a co-worker.
- Identifying ways to manage your budget.
- Finding available child care resources.
- Providing thousands of discounts on day-to-day items.
- Helping manage a diet or weight loss program.

There are many reasons to use EAP. Visit us online today and start learning about all the great program options. Log onto our new website at www.eap.calhr.ca.gov.

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

Magellan
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