When you decide that it’s time to schedule a counseling session, you want to get it taken care of and move on to other important things in your life. However, sometimes it’s not that easy. Despite the fact that Magellan has a national network with thousands of licensed professionals to address family or marital issues, emotional, personal and stress concerns, substance abuse, and other emotional health problems that impact health, well-being and job performance, there are times when you might need some extra assistance in finding an available appointment.

Typically, you’ll hear back from a provider within a day or two after calling to schedule an appointment. If you experience any challenge in securing an appointment, simply call EAP and ask for Appointment Assist. EAP staff will take your information, contact providers directly and find available appointments that you may then schedule. Our goal is to make sure your needs are met in a timely manner.

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!

Employee Assistance Program

What began 45 years ago has evolved to focus on the emotional and physical health of state employees and their dependents. EAP is a no-cost assessment, short-term counseling, and referral service providing a valuable resource for support and information during difficult times, as well as consultation on day-to-day concerns. EAP also provides support for managers and supervisors dealing with workplace issues. Most importantly, confidentiality is the hallmark of the program!

EAP continues to evolve, and there are more services and ways to access than ever before. We are excited about how far we’ve come and anticipate that EAP’s reach will continue to grow. To learn more about the following services visit www.eap.calhr.ca.gov or call 1-866-327-4762.
Career Assistance and Student Resources

Useful tips for students and professionals.

Financial Services

Have financial questions? Call for a financial consult.

Identity Theft

Prevention and fraud resolution services.

Employee Assistance Program

Your resource for help with daily challenges and difficult situations.

CAREER ASSISTANCE AND STUDENT RESOURCES

Useful tips for students and professionals.

Financial Services

Have financial questions? Call for a financial consult.

Identity Theft

Prevention and fraud resolution services.

EAP Services At-a-Glance

Your resource for help with daily challenges and difficult situations.

FINANCIAL SERVICES

Financial tools and calculators help with:

- Budget planning
- Retirement planning
- Debt and credit
- Borrowing strategies

Time frames for debt elimination.

Loan consolidation.

Articles and guides covering a wide variety of financial topics.

Useful tips for students

- Effective homework and study habits.
- Preparing and applying for college.
- Study skills and time-management.
- College planning.
- Career planning.

Call for a financial consult.

Student Resources

Financial Services

- Organization and time management
- Budgeting
- Retirement planning
- Managing emergency situations
- Estate planning
- Money management
- Income management
- Retirement income management
- Estate management

Call for a financial consult.

Identity Theft

Prevention and fraud resolution services.

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Identity Theft

Prevention and fraud resolution services.
Legal Services
Need legal advice? Call for a consultation.

Retirement Services
Help planning and getting organized for retirement.

Living Healthy - Mind and Body
Learn how to improve your mind and body wellness.

Telehealth
Say goodbye to the waiting room. Meet on your terms!

Your resource for help with daily challenges and difficult situations. Learn more about EAP services today. These flyers are available for download at http://www.calhr.ca.gov/employees/Pages/eap.aspx.
Tele-EAP Coaching
Need a life coach? We’ve got you covered!

Work-Life Services
Could you use a little help balancing work and personal life?

Web-Based Care
Online cognitive behavioral therapy. Log on for interactive programs.

Workplace Support Services
Support for managers and supervisors in challenging situations.

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