The State of California provides EAP to support employees and their family members during difficult times, as well as consultation for day-to-day concerns. 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 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.
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!
Tele-EAP Coaching

Need a life coach? We’ve got you covered!

Web-Based Care

Online cognitive behavioral therapy. Log on for interactive programs.

Work-Life Services

Could you use a little help balancing work and personal life?

Workplace Support Services

Support for managers and supervisors in challenging situations.

EAP Services At-a-Glance

Visit www.eap.calhr.ca.gov for more information.

TTY USERS SHOULD CALL: 1-800-424-6117
1-866-EAP-4SOC (1-866-327-4762)

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