

EMPLOYEE ASSISTANCE PROGRAM

Your resource for help with daily challenges and difficult situations.

EMOTIONAL HEALTH AND WELLBEING

Your **Employee Assistance Program** 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 may receive EAP services such as:

- Clinical support
- Child and elder care
- Financial services
- Legal services
- Identity theft recovery services
- Workplace support services
- Tele-EAP coaching
- Web-based confidential care
- Health and wellbeing services
- Work-life services
- Getting organized
- Career, educational, and student resources
- Retirement services

You can use EAP for many different reasons such as:

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

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**.

