The State of California EAP provides services to support employees and their eligible family members with day-to-day concerns and difficult times. EAP is a no-cost assessment, short-term counseling, and referral service providing a valuable resource for support and information. 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.

Appointment Assist
Need help making an appointment? We can help!

BetterHelp Virtual Therapy
Get help where and when you need it.

Counseling
Access support with life’s challenges.

eap.calhr.ca.gov
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.

Child Care and Elder Care Service

Are you part of the “sandwich generation”? Check here for resources.
Legal Services
Need legal advice? Call for a consultation.

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

Retirement Services
Help planning and getting organized for retirement.

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 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?

Workplace Support Services

Support for managers and supervisors in challenging situations.