

The Employee Assistance Program

is made available to save time, money and energy by providing information at your fingertips – allowing more time for you to do the things you enjoy. The help you need is just a phone call away 1-800-854-1446.

(Bilingual consultants are available also)



The Employee Assistance Program is part of your benefit package and easy to use. Best of all, you may call as often as you like. The Masters-level consultant will help assess your situation and develop a plan with you to resolve concerns.

Calls are strictly confidential; no one will know you called unless you tell them. EAP consultants have access to resources and in-house experts to provide the appropriate information that will meet your needs. You may see a counselor in-person up to three times per issue if your concern is a short-term concern. If your personal issue is longer term in nature, the consultant may suggest you access your mental health benefits and will assist with a referral if you request that.



Emotional Well-being

Finding time for yourself, relationship conflicts, first time events, grief and loss, depression, stress, marital concerns.

Work Issues

Co-worker relationships, change in workplace, business travel, career planning, communication skills.

Everyday Issues

House sitting, appliance/home repairs, buying big ticket items, pet sitter/pet care, healthy lifestyle, nutrition, and exercise.

Parenting and Child Care

Pregnancy and birth, adoption, child development, step or single parenting, adolescents, discipline issues, child care options.

Legal Matters

Divorce, family matters, landlord/tenancy, real estate, consumer issues, criminal, debt/credit matters, attorney selection.

Resources for Seniors

Long-distance care giving, care options, Medicare information, meal and transportation programs.

Financial Issues

Budgeting, debt management, investing, insurance options, taxes, retirement planning.

Disability & Accessibility

Education rights & resources, independent living, accessing services, confronting discrimination, caregiver support.

Education & Schooling

Homework issues, study habits, college application process and selection, special needs programs, scholarships.

Addiction & Recovery

Alcohol, smoking, gambling, eating disorders, education, treatment options.