

# Employee Assistance Program

a partnership with:



## Here for you

Balancing the challenges of your job and the demands of an active personal lifestyle can at times be overwhelming. Your EAP is here for you when you're facing issues that interfere with your health, well-being and productivity at home or at work.

### Counseling & Support

Your EAP is here to help you with the demands of life. Call for confidential access to a highly qualified counselor who can help. **You get up to six counseling sessions available at no cost to you.** Your counselor may refer you to resources in your community for ongoing support.



#### OUR COUNSELORS CAN HELP YOU WITH:

- Stress, depression, anxiety
- Family and parenting problems
- Relationship issues
- Anger, grief, loss
- Job stress, work conflicts
- Substance abuse
- **and more**

### Work/Life Services

You can also call a Work/Life Consultant who acts as a personal concierge to help you balance work and life. They will answer your questions and can help you identify the resources in your community that best meet your needs.



#### ASK OUR WORK/LIFE CONSULTANTS ABOUT:

- Childcare and parenting
- Home repairs
- Elder care
- Moving or relocation services
- Event and travel planning
- **and more**

### Who is Covered?

EAP services are available to all public school PreK-12 teachers and K-12 public school employees who work at least 29 hours a week, along with their household members and children up to age 26.

### Help Starts Here

Free, confidential access to professional consultants and online resources, 24 hours a day, 7 days a week, 365 days a year. Call or log-on to get started.

**1-866-279-5177**

**[www.EAPHelplink.com](http://www.EAPHelplink.com)**

**Code: GADOE**

**Free. Confidential.  
Supportive.**

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