



Employee Assistance Program (EAP) and Work-Life Services

Monroe Township Board of Education

What is an Employee Assistance Program (EAP)?

EAP is a service provided to you, your spouse or partner and your dependents when you are having difficulty resolving life concerns on your own. The EAP can provide immediate consultation to assist you in reducing the distress associated with many of the challenges you may be encountering. Callers often feel more empowered to move forward with managing their concern after one consultation. In other situations, you may want to take advantage of up to six (6) in-person or telephonic appointments with a professional clinician to address concerns such as: daily stress, relationship conflicts, alcohol and drug abuse, eating disorders, unhealthy lifestyles, parenting problems, depression or anxiety, grief and loss, and domestic abuse.

What if I only need some information or resources and not clinical consultation?

Carebridge Work-Life Specialists will assist you telephonically to help with life management concerns such as financial issues, childcare, eldercare, legal documents, wellness resources, and college planning. You can work with the same expert on an unlimited telephonic basis for as long as the issue is of concern to you.

How can I research my EAP or Work-Life concern on my own?

MyLifeResource.com is a comprehensive, interactive website providing expert articles and resources on the

topics that matter most to you. Helpful tools include: streamed videos, self-assessments, interactive wellness tutorials, online trainings, databases to assist with child care, eldercare, relocation, education, an employee discount center, legal documents, financial calculators, polls and tips. You will need to enter the following access code during your initial web visit: **3D87P**. At any time, you can also call Carebridge to consult directly with an EAP Clinician or Work-Life Specialist to further your search.

How confidential is my contact with Carebridge?

Carebridge EAP services are confidential and conform to HIPAA regulations. No names are identified or reported to anyone without your written authorization except in the following situations: by court order, imminent threat of harm to self or others, or situations of abuse (such as child or elder abuse).

What number do I use to contact Carebridge EAP and Work-Life Services?

Contact Carebridge 24/7/365 by calling **1-800-437-0911**.

Is there a fee for using Carebridge's services?

Monroe Township Board of Education has contracted for the professional services of Carebridge Corporation. These services are made available to you cost-free. The decision and financial responsibility for any service beyond the scope of the benefits described rests solely with the user.

Excellence in Employee Support Services