



IU Health EAP

Employee Assistance Program

The Indiana University Health Employee Assistance Program, or EAP, is a program designed to help you and your family stay psychologically and emotionally healthy. EAP is a short-term confidential counseling and referral service that focuses on solving personal problems that may affect your work and your life. There is no life or work problem that is too big or too small to discuss.

Professional Services

Some common reasons employees and their family members use EAP services include:

- Stress and anxiety management
- Depression, grief, loss
- Workplace and family conflict
- Family and couples problems
- Drug and alcohol abuse
- Adjustment to change

Easy access

A simple phone call will get you moving in the right direction:

- On-call crisis phone access
- Weekday, evening and weekend appointments
- Multiple locations available for face-to-face appointments
- Emergency appointments as needed
- Telephone consultations

Confidentiality:

There are strict federal government regulations to protect your confidentiality. All records pertaining to EAP services are treated with the strictest confidence in accordance with Federal Regulation. In addition, using EAP services **will not** be recorded in your personnel record at work. Your security **will not** be jeopardized.

Session Hours

7:00 am - 7:00 pm
Monday - Friday

In-person and virtual session options. Weekend sessions are available upon request.

Contact Us

317.962.8001 or
800.745.4838 ext. 2

Scheduling hours:
8:00 am - 4:30 pm

The EAP team is on call for urgent after-hour needs and on weekends at the above numbers.

EAP is a FREE service provided by your employer. 8 counseling sessions are available to employees and their eligible family members per calendar year. If a problem requires long-term care or clinical services beyond the scope of EAP, your counselor will help you find appropriate resources. To access your EAP work-life portal, contact your HR department for your company code.



Indiana University Health

iuhealth.org/eap

Work/life resources now available with the IU Health Employee Assistance Program (EAP)



IU Health EAP has recently partnered with MyLifeExpert to include work/life resources for all employees.

Navigating the practical challenges of life while handling the demands of your job can be stressful. Finding the right work/life balance is key to living a happier healthier life.

The MyLifeExpert online platform of resources and referral services are designed to provide knowledgeable consultation and customized guidance to assist with gaining resolution to everyday hurdles.



Interactive
content



Assessments



Soft skill
courses



Resource
locators



24/7/365
portal support from
MyLifeExpert

Resources include: financial, legal, member discounts, adoption, child care and special needs, eldercare, housing and transportation, education and college wellness, pet care, support and more

Please contact for additional help:

support@lifeexpertnow.zendesk.com

MyLifeExpert concierge services
available 24/7 – always confidential.

Create your account at **mylifeexpert.com** or access by scanning the QR code.

Use company code:



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