

EMPLOYEE ASSISTANCE PROGRAM

What is an EAP? Programs offered to eligible Social Circle City School’s employees, at no cost, to provide guidance with personal issues, planning for life events or simply managing daily life which can affect your work, health and family. For 2025, there are two programs available (Mutual of Omaha and Ga DOE EAP). The two programs can be used in conjunction with one another.

Mutual of Omaha EAP

Eligibility: Eligible Social Circle City Schools employees, their household members and children up to age 26

- Coverage through Mutual of Omaha
- Provides support, resources, and information for personal and work-life challenges
- **Receive up to three sessions per issue per year**
- CALL 1.800.316.2796 or visit mutualofomaha.com/eap



We're Here to Help

Mutual of Omaha’s EAP assists employees and their eligible dependents with personal or job-related concerns, including:

- Emotional well-being
- Family and relationships
- Legal and financial matters
- Healthy lifestyles
- Work and life transitions

EAP Benefits

- Access to EAP professionals 24 hours a day, seven days a week.
- Information and referral services
- Service for employees and eligible dependents
- Robust network of licensed mental health professionals
- **Three face-to-face sessions* with a counselor (per household per calendar year)**
- Legal assistance and financial resources
 - Online will preparation
 - Legal library and online forms
 - Financial tools & resources
- Resources for :
 - **Substance use and other addictions**
 - Dependent and Elder Care resources

- Access to a library of educational articles, handouts, and resources via mutualofomaha.com/eap

*Face-to-face visits can also be used toward legal consultations

*California Residents: Knox-Keene Statute limits no more than three face-to-face sessions per six-month period.

What to Expect

You can trust your EAP professional to assess your needs and handle your concerns in a confidential, respectful manner. Our goal is to collaborate with you and find solutions that are responsive to your needs.

Your EAP benefits are provided through your employer. There is **no cost** to you for utilizing EAP services. If additional resources are needed, your EAP professional will help locate appropriate resources in your area.

Don't delay if you need help

Visit mutualofomaha.com/eap or call **800.316.2796** for **confidential consultation** and resource services.

Provided at NO CHARGE to you and your dependents by Social Circle City Schools.

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Georgia Public Education/Ga DOE EAP

Eligibility: Eligible full-time employees working 29+ hours/week, their household members and children up to age 26

- Coverage through Acentra
- Provides support when you're facing issues that interfere with your health, well-being and productivity at home or at work.
- **Receive up to four counseling sessions**
- CALL 1.866.279.5177 or visit www.EAPHelpLink.com, Company Code: GADOE

Confidential Counseling

Helps employees address stress, relationship and other personal issues for you and your family

- Sessions with highly trained master's and doctoral level clinicians
 - Stress anxiety and depression
 - Relationship/marital conflicts
 - Problems with children
 - Job pressures
 - Grief and loss
 - Substance abuse

Work-Life Solutions

Work-Life Specialists will do the research for you, providing qualified referrals and customized resources for:

- Child and elder care
- Moving and relocation
- Making major purchases
- College planning
- Pet care
- Home repair

Financial Information and Resources

Speak by phone with a Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- Getting out of debt
- Credit card or loan problems
- Tax questions
- Retirement planning
- Estate planning
- Saving for college

Online Resources

- Timely articles, HelpSheets, tutorials, streaming videos and self-assessments
- Child care, elder care, attorney and financial planner searches

Plan Rates

Coverage provided at no cost to you.