

EMPLOYEE ASSISTANCE PROGRAM

Your resource for help with daily challenges and difficult situations.

COUNSELING

It is okay not to be okay. When life presents you with problems that you're having difficulty resolving on your own, take advantage of the counseling sessions offered by EAP. Therapy is not just for mental health issues; it can help you with support, education, guidance, and learning about yourself, and provide you with resources to learn and practice new ways of coping.

Common reasons to seek therapy

- To work on marriage issues.
- To cope with a big life transition.
- To develop better parenting skills.
- To manage mood swings.
- To improve career prospects.
- To process grief and trauma.
- To become more assertive.
- To mitigate harmful thoughts.
- To gain a deeper understanding of yourself.

Struggling alone and doing nothing is never the answer. Seeking help is a sign of strength and not something to feel anxious or guilty about. EAP provides assistance in a convenient, confidential, safe, and non-judgmental environment.

Key features

- No cost to you and your eligible dependents.
- Convenient, confidential and provided by a third party.
- Meet with your counselor in-person or video conference.

Visit eap.calhr.ca.gov or call 866-327-4762 to get started.

