

EMPLOYEE ASSISTANCE PROGRAM

FOSTER HEALTHY RELATIONSHIPS

If you juggle many roles daily such as partner, parent, employee, caregiver, friend, etc., there are times when a little help can go a long way to maintaining healthy relationships. EAP provides free, confidential resources to help you with relationships in different life stages.

- Starting out in the workforce.
- Getting engaged and planning a wedding.
- Navigating new relationships.
- Maintaining long-term relationships.
- Being a parent.
- Going through divorce.
- Preparing for retirement.

What can EAP help with?

- Identify the relationship issues you need help with such as stress and anxiety, communication and conflict, work-life balance, and more.
- Find childcare providers in your area, articles, webinars and guidance on topics such as parenting, marriage, divorce, grief, loss, and more.
- Save on childcare, household services, vacation planning, entertainment, dining out, and more.
- Help with financial issues such as buying a home or car, paying off debt, planning for retirement, etc.
- Support with family law, custody negotiations, creating a will, estate planning, etc.
- Learn how to control anxiety, reduce stress, balance intense emotions, sleep better, and much more.

What resources are available?

- **Counseling:** Counseling is available to you and your eligible dependents in-person, by text message, live chat, phone, or video conference.
- **Work-Life Services:** Webinars, live talks, and articles that offer insights and strategies focused on key life events and day-to-day challenges.
- **Discount center:** Hundreds of deals on nationally recognized, brand-name products and services.
- **Financial wellness:** Meet with a Money Coach for 30 minutes up to three times per topic, per year.
- **Legal services:** One free 60-minute consultation with an attorney and find out more about these issues on the member website.
- **Digital emotional wellness tools:** Interactive, self-paced programs on dozens of life topics.



EAP is here to provide you with compassionate and caring support.

Go online to eap.calhr.ca.gov or call 1-866-327-4762 to get started.