

EMPLOYEE ASSISTANCE PROGRAM

SUPPORT FOR NEW PARENTS

Becoming a new parent is a life-changing experience. It's joyful and exhausting. Parents need to learn how to deal with many new things such as welcoming a new child at home, choosing childcare, and returning to work. EAP provides free, confidential benefits and resources to help new parents with a variety of problems.

What can EAP help with?

- Identify the issues you need help with such as anxiety, stress, sleep deprivation, postpartum depression, etc.
- Find childcare providers and guidance on topics such as transitioning to parenthood, the benefits of breastfeeding, choosing your child's medical provider, and more.
- Access discounts on everything from childcare to delivery services, groceries, and more.
- Guidance with financial issues, budgeting, and planning for the future.
- Help with estate planning such as wills and trusts or family law issues such as custody or child support.
- Learn how to control anxiety, reduce stress, balance intense emotions, 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 for parents.
- **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.

