

EMPLOYEE ASSISTANCE PROGRAM

RAISING A TEEN AND PREPARING FOR COLLEGE

Teenage years are full of exciting milestones like getting a first job, preparing to graduate high school and exploring new sports and activities. They are also a time of intense growth, not only physically but also emotionally and intellectually. Teenagers are discovering how to express themselves, finding their identities and learning how to manage new experiences. This can lead to episodes of distress and conflict for teens and parents. EAP can provide support to navigate these tumultuous years through a variety of free and confidential resources available 24/7/365.

What can EAP help with?

- Tips to communicate effectively with your teen and help them build self-esteem, make positive decisions, and develop appropriate relationships.
- Programs to live a healthy, balanced lifestyle by establishing good habits for proper nutrition, fitness, sleep, and overall mind and body wellness.
- Discounts on items such as electronics and cars, and services like gym memberships, tutoring, college preparation courses, and more.
- Resources to help them plan and save for future expenses such as student loans, buying a car, etc.
- Support for your teen through every life stage with online resources about resilience, conflict resolution, mindfulness and more.

What resources are available?

- **Counseling:** Available in-person, by text message, live chat, phone, or video conference.
- **Digital emotional wellness tools:** Interactive, self-paced programs on dozens of life topics. Teens learn to navigate behavioral issues, daily challenges, critical life events, and decisions.
- **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.
- **EAP website:** Access all EAP services and apps along with articles, videos, and webinars from your computer or mobile device.

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.

