

# EMPLOYEE ASSISTANCE PROGRAM

## SUPPORT FOR MILITARY MEMBERS

Thank you for your service! Your service experience may have changed the way you see life. If you have been in combat or similarly stressful situations, it is possible that some of the habits that helped you stay strong during those times will be less useful in civilian life. Whether your military status is active duty, reservist, or veteran, EAP can provide you and eligible dependents with support through a variety of free and confidential resources available 24/7/365.

### What can EAP help with?

- Identify the issues you may need help with such as stress, grief, depression, difficulty sleeping, PTSD, etc.
- Find long-term care providers and facilities in your area as well as support groups, articles, and guides on topics such as trauma, relationships, hospice care, and more.
- Save on home care services, dining out, child and senior care, and major purchases like cars, furniture, appliances, and more.
- Help with financial issues, budgeting, and planning for the future.
- Support for legal issues such as marriage and divorce, child support and custody, estate planning, personal property, and more.
- Learn how to become more resilient, balance intense emotions, and reduce anxiety.

### What resources are available?

- **Counseling:** Available in-person, by text message, live chat, phone, or video conference.
- **Work-Life web 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.
- **Self-care programs:** Interactive, self-paced activities, behavior tracking, and assessments on dozens of topics and conditions.



**EAP is here to provide you with compassionate and caring support. Go online to [eap.calhr.ca.gov](http://eap.calhr.ca.gov) or call 1-866-327-4762 to get started.**