Employee Assistance Program

Now Available!
A New Well-being Program to Manage Your Whole Health


How does it work?

• Complete breathing exercises, meditation, yoga, or journaling.
• Track mood, sleep, stress, and pain, and see your progress.
• Address conditions like anxiety, depression, and substance misuse.
• Get support for topics such as caregiving, goal setting, mindfulness, stress, and more.
• Sync with wellness trackers including Fitbit, Garmin, and MyFitnessPal.

Visit eap.calhr.ca.gov or call 1-866-EAP-4SOC to learn more about EAP services.

Your resource for help with daily challenges and difficult situations.