The State of California EAP provides services to support employees and their eligible family members with day-to-day concerns and difficult times. EAP is a no-cost assessment, short-term counseling, and referral service providing a valuable resource for support and information. EAP also provides support for managers and supervisors dealing with workplace issues. Most importantly, confidentiality is the hallmark of the program!

EAP continues to evolve, and there are more services and ways to access than ever before. We are excited about how far we’ve come and anticipate that EAP’s reach will continue to grow.

To learn more about the following services visit eap.calhr.ca.gov or call 1-866-327-4762.
EAP Services At-a-Glance

Career Assistance and Student Resources
Useful tips for students and professionals.

Financial Wellness
Have financial questions? Call for a financial consult.

Child Care and Elder Care Services
Are you part of the “sandwich generation”? Check here for resources.

Identity Theft Resolution
Prevention and fraud resolution services.
Legal Services
Need legal advice?
Call for a consultation.

Lifestyle Coaching
Need a life coach?
We’ve got you covered!

Living Healthy - Mind and Body
Learn how to improve your mind and body wellness.

Retirement Services
Help planning and getting organized for retirement.

Your resource for help with daily challenges and difficult situations. Learn more about EAP services today. These flyers are available for download at calhr.ca.gov/employees/Pages/eap.aspx.
Digital Emotional Well-Being
Take control of your whole health—life, mind and body.

EAP Services At-a-Glance

Work-Life Services
Could you use a little help balancing work and personal life?

Workplace Support Services
Support for managers and supervisors in challenging situations.

Telehealth
Say goodbye to the waiting room. Meet on your terms!