

EMPLOYEE ASSISTANCE PROGRAM

BETTERHELP VIRTUAL THERAPY

Get the support you need, when you need it. Connect with a counselor in less than 24 hours by text message, phone, chat, or video conference.



1-866-EAP-4SOC (1-866-327-4762)
TTY USERS SHOULD CALL: 1-800-424-6117

eap.calhr.ca.gov

