

Employee Assistance Program (EAP)



Our Employee Assistance Program (EAP) is provided by Magellan Healthcare. This convenient, confidential and free program offers services to help you and your household members resolve daily challenges and manage more complex issues. This benefit is available to employees and families at no cost to you. Services are completely confidential and provided by a third party. You can call anytime 24/7/365, and the EAP will help get you on the right path to meet your needs.

Magellan EAP Services:

- **Counseling** – Get help with stress, anxiety, grief, relationship concerns and more.
- **Coaching** – Achieve your goals using coaches to help you stay on track.
- **Online programs** – Use self-guided, interactive apps for depression, chronic pain and more.
- **Work-Life web services** – Find resources for childcare, elder care, discounts and more.
- **Work-Life services** – Save time and money with specialists who research service providers in many areas including childcare, adult care, education, home improvement and more.
- **Legal, Financial and ID Theft services** – Access to free consultations and resources.
- **Member website** – Use the Provider Search to find care in your area. See the latest news on trending topics like building resiliency or managing finances. Browse the Learning Center to find articles, webinar recordings, videos and self-assessments on a wide range of topics including anxiety, childcare, depression, elder care, parenting, relationships, stress management, substance misuse, work-life balance and so much more.

24/7 Support, Advice and Resources

