

Your EAP

Glendale UHSD provides an **Employee Assistance Program (EAP)** benefit that is available to you, your spouse and dependents under the age of 26. The EAP is available to assist you and your family with personalized consultation and referral services.

What exactly is an EAP?

An EAP is one of the most effective ways to identify and address personal problems. Through the EAP, you can access convenient and confidential services at no cost to help you and your family reach your personal and professional goals.

How does your EAP work?

When you call your EAP, you will be connected with an experienced EAP professional who will help to identify your concerns and match you with the right support. Your EAP can assist with many common concerns such as:

- + Stress management
- + Legal consultations
- + Financial management
- + Depression/anxiety
- + Relationships and communication
- + Grief/loss
- + Substance use
- + Career development
- + Life phase adjustments
- + Child/elder care
- + Healthy living



What does your EAP provide?

✓ **Counseling Services** are available for employees and their immediate family members to access six in-person or teletherapy counseling sessions with a licensed therapist in the area. Sessions are provided per problem, per family, per provider, per plan year. If longer-term care is needed, Interface Behavioral Health will assist individuals to access community referrals and any available mental health network.

✓ **Legal Services** under your benefit include a free 30-minute consultation with an attorney in any specialized area, a free simple will kit, up to six pages document review, simple resolution letters and/or phone calls on your behalf and up to a 25% discount off an attorney's normal hourly rate. You have access to three 30-minute consultations per family, per plan year.

✓ **Financial Counseling** and planning are also available, with access to resources that can assist in consolidating debts, identity theft planning/solutions, financial planning, retirement planning and access to licensed Financial Planners. You have access to three 30-minute consultations per family, per plan year with a financial advisor.

✓ **Online Work/Life Resources** are available, including access to unlimited self-help tools on work/life resources that are available to all employees and family members. These resources cover a variety of topics including childcare, elder care, school/college resources, adoption assistance, pet care services and access to additional educational materials and calculators.

✓ **Online Wellness Resources** are available, including access to weekly wellness lessons on a variety of topics such as stress less, healthy weight, women's health, back pain management, eating healthy and men's health. Also provided are quarterly wellness webinars on topics such as: Sitting is the New Smoking, The importance of Sleep, Workplace Workouts, Eating healthy on The Go and Stress Management.

Member site: www.4eap.com

Username: GUHSD

Password: A87

Private and confidential referrals

The EAP is a **free** and **confidential** program. Your personal information is kept confidential in accordance with federal and state laws. No one will know you have accessed the program's services.