

Group Services

Following difficult events, such as:

- Community, National, or World incident
- Illness or Loss of a Colleague, Co-Worker or Family Member
- Workplace Change or Uncertainty
- Worksite Accident or Injury

An EAP counselor may meet with a group to discuss common reactions, coping strategies, self-care practices and resources.

LIFE CHALLENGES US
How can EAP help?

Phone Consultations

Prompt In-Person Appointments

Referrals

Wellness Education

Group Services

Wellness Education

EAP staff offer educational seminars and workshops on a variety of topics for personal and professional growth such as lunchtime presentations open to all, or by invitation to individual departments, units and teams.

Topics include:

- Balancing Work and Personal Life
- Communication Skills
- Coping with Change and Uncertainty
- Dealing with Difficult Behaviors
- Parenting Support
- Stress Management...and more!

Driving Directions:

From points east and west of Farmington, take I-84 to Exit 39. Turn right at the first traffic light onto Route 4 East (Farmington Avenue). Proceed east on Route 4 through three sets of traffic lights. Turn right at the fourth traffic light to enter:

195 Farmington Avenue

We are located on the second floor, Suite 2000.

To make a confidential appointment simply call:

860.679.2877

or

800.852.4392

(Connecticut toll-free)

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eap.uchc.edu

**UConn
HEALTH**

EMPLOYEE ASSISTANCE
PROGRAM

263 FARMINGTON AVENUE, MC 6020
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**UConn
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EAP

PRIVATE

CONFIDENTIAL

VOLUNTARY



ONE STEP TO HELP

What is the EAP?

The Employee Assistance Program or EAP provides **brief, free, professional consultation and counseling** for employees and their family members. It is designed to help identify and find solutions for any personal problems or concerns that may be affecting you, your family or your job.

"How you think about a problem is more important than the problem itself...so always think positively."

--Norman Vincent Peale

Do you see a glass half empty or half full?
Sometimes perceptions are everything.

One Step to Help

Any employee or immediate family member may begin receiving help with a single telephone call to the EAP. We encourage you to call as soon as possible when a problem develops. Most people initiate contact with the EAP on their own. A suggestion to call may come from a caring friend, co-worker, union steward or your physician. Your supervisor may also recommend EAP to help you with a matter involving your work performance.

In any case, participation in the EAP is always **voluntary, private and confidential**. It makes no difference how long you have been employed or what job you have. If you have a personal problem that could affect your work, health or personal life, call the EAP.

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If more than a brief phone consult is required, an appointment will be scheduled, usually within a few days. Please leave a private voice mail if your call is not immediately answered. We will respond to your message as soon as possible.

The EAP counselor will assess your situation, offer brief counseling to resolve an issue or recommend appropriate resources.



What about Confidentiality?

Federal and state laws protect the privacy and confidentiality of all EAP records and communications. **Except as required by law**, in cases involving child or elder abuse/neglect, imminent threats of harm, or in compliance with a court order, **no information regarding your identity or participation may be disclosed to anyone within or outside of the program, without your specific written consent**. In cases involving supervisory or management referrals to help with performance concerns, you may be asked to grant limited consent for reporting follow-through on participation and recommendations. Neither the content nor nature of the recommendations from any EAP sessions will be disclosed.

Common EAP Concerns

Chronic pain
Adoption
Bullying & Harassment
Drug use
trauma
HEALTH
Relationship discord
financial trouble
Workplace conflict and tension

alcohol
dependency
Bereavement
elder care/childcare
STRESS
divorce / co-parenting
Panic attacks
Disagreements
Weight management
emotional losses
CHANGE
Work-life balance

family issues
ABUSE
PTSD

Anger Management
Time management
savings & stress

legal matters
eating disorders
domestic violence

*"Courage doesn't always roar.
Sometimes courage is the quiet voice
at the end of the day saying, "I will try
again tomorrow."*

--Mary Ann Radmacher

Are you struggling to get through the day?
Contact the EAP.

Fees and Eligibility

There are no costs or fees associated with EAP services. If further care is indicated, every effort is made to recommend the most appropriate, cost-effective resources, including health insurance carriers' in-network providers. Household family members including children are eligible to receive full EAP services.