

## FAQs about Your EAP

### A message from your EAP

We thought you and your employees might be interested in some of the most frequent questions we are asked about your EAP benefit. Please share with your employees.

#### Q. What is the Employee Assistance Program (EAP)?

A. The EAP is a **confidential** counseling, assessment and referral program designed to help you manage work and life problems. Just as health insurance is designed to address your physical wellbeing, your EAP program is designed to address your emotional and mental wellbeing, as well as to help you manage work/life problems and achieve a healthy work/life balance.

#### Q. Who can use the EAP?

A. EAP services are available to both you and members of your immediate family.

#### Q. What is the cost of your services?

A. This is a **free benefit** for you and your family, paid for by your employer.

#### Q. Will my employer know if I use your services?

A. Your EAP is **totally confidential** and your employer won't even know that you are using our services.

#### Q. How do I access EAP services?

A. Call toll-free 24 hours a day, 7 days a week: **888.327.1060** or login at [www.PublicSafety.com](http://www.PublicSafety.com) by clicking on the **red "Employee & Family" button**.

To learn more, click on the video below.

