



How to Access Our Website for Useful Career Information

Go to our website: www.PublicSafetyEAP.com.

Here is the process to get started on our website and to access the trainings:

To Set Up a User Name and Password:

- Click on Employee and Family Log In
- Then click on Register Here (**NOTE: simply login if you have already registered**)
- Type your company name, click continue
- Pick your company, click continue
- Create a User Name of your choice and Password along with secret question

When the website opens up after signing in, click the **Resource Centers**, then the Career **and Education Resources** link in the center of the page under "Total Care Resources". The **Career Exploration and Planning** section – the third resource down is **Career One Stop**. On this website you can apply for unemployment, look for work and research new opportunities.

Back on the **Training Center**, scroll down to the bottom and look for **Browse Topics**. Look at the **Managing Work & Family** section and click the link for **Career Transitions**. This contains all sorts of articles and resources that are useful on this topic.

Also know that this is a stressful time, at the top of the page you will see a link to the **Stress** category which has many articles that are worth checking out.

Feel free to call any of our counselors if more assistance is needed.

*The EAP is available to you and your eligible family members. The service is free and confidential. Please contact the **EAP** at **1-888-327-1060**.*