

Employee Assistance Program (EAP)

Did you or a family member living in your home ever need some help with an issue in your life but you didn't know who to turn to for that help? These issues are important to you and the good news is that you can get help that is **confidential**; and even better news, it is free.

All employees, regardless of whether or not they are enrolled in the District's Medical or Dental Insurance Plans, receive the Employee Assistance Program benefits as provided by United Behavioral Health. You are eligible to receive up to 8 visits per issue per year for services related to mental health. You will find that the District's EAP gives you and your family **confidential and free** personal support for a wide range of everyday and work-related issues, including:

- answers to legal questions
- help with an addiction or substance abuse
- finding a tutor for your child(ren)
- stress and anxiety management
- financial advice
- care giving options for aging parents
- marriage or family counseling
- and much more.

The EAP staff is available 24 hours a day, 7 days a week. Please contact them at 1-866-248-4096 or visit their website, www.liveandworkwell.com, using the **access code: rps** for a wealth of information. Website topics include issues we deal with on a daily basis as well as articles for issues we may be dealing with privately. So please take care of yourself and take time to call the EAP.

For employees enrolled in the District's Medical Insurance Plan: you may utilize these EAP benefits, at no cost to yourself, before utilizing your mental health benefits under your Medical Insurance Plan.

Employee Assistance Program
1-866-248-4096
www.liveandworkwell.com use access code: rps

Sponsored by: The Wellness Committee
The Wellness Committee welcomes your comments & suggestions.