

Get to Know Your EAP

What is it?

Our Employee Assistance Program (EAP) offers resources to help you address any personal struggles you may be having.



How does it work?

Our EAP offers confidential services to address the following:



Mental health



Alcohol and
substance abuse



Work-related
stress



Divorce or marital
problems



Child care or
eldercare



Eating disorders



Financial or legal
problems



Gambling
addiction

These resources are available at no cost to you and eligible dependents.

Is this program confidential?

This program is strictly confidential and ensures your privacy. Any personal information will not be shared internally, and the use of resources will not impact your career.

Want more information?

For more information about our EAP, contact HR.

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