

## Frazzled?

Before life's little problems pile up and become big problems, it's nice to know you have someone who understands and is willing to listen.

## Let's Talk

The EAP is designed to help you deal with any situation that you feel is becoming a problem.

## Resources

We know who can help. Often, just sitting down and talking things over with an EAP consultant can put you back in control of the situation. Sometimes a professional who specializes in situations like yours is the best answer. We can advise you of all the options. Then it is your decision to take action.

## Results!

Don't hesitate to ask for assistance. We've helped thousands of employees and their family members put their problems in perspective and get the help they need to be happy and productive.

Call toll-free  
1-866-724-4EAP (4327)



Call us  
at any  
EAP office.

### Office Locations:

<b>BWH</b>	<b>617-732-6017</b>
<b>MGH</b>	<b>617-726-6976</b>
<b>Faulkner</b>	<b>617-983-4840</b>
<b>McLean</b>	<b>1-866-724-4327</b>
<b>NWH</b>	<b>617-243-6522</b>
<b>NSMC (Salem and Union)</b>	<b>1-866-724-4327</b>

### Confidential Information and Assistance

[www.eap.partners.org](http://www.eap.partners.org)

Services Provided by:



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL

(10/11) EAP.GenBR

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## PARTNERS EMPLOYEE ASSISTANCE PROGRAM

# EAP

*Work&Life Resources*



Support through  
the Seasons of Life

[www.eap.partners.org](http://www.eap.partners.org)



## What is the EAP?

The EAP is a free and confidential Work&Life resource. We offer assistance through consultation, short-term counseling, referral, resources and educational seminars. We want to help you stay healthy and function at your best.

## Who is eligible to use the EAP?

The EAP serves all Partners HealthCare affiliates. Employees and medical staff, and their household members may call or make an appointment in person. There is no charge for this service.

## When can I talk to an EAP Consultant?

Call Monday through Friday, 8am – 5pm to schedule an appointment at any EAP location. Appointments are available Monday through Friday to accommodate all shifts. We also offer 24 hour on-call crisis response.

## Will anyone know I have used the EAP?

All contact between you and the EAP is confidential. No information can be reported about you or about your use of the EAP to anyone without your written consent, except when required by law. Nothing is included in your medical record or personnel file.

## What kinds of problems can the EAP help to solve?

**All types of work and life concerns, such as:**

- Family or Relationships
- Life Changes
- Eldercare
- Grief
- Stress or Anxiety Reduction
- Depression or other Mental Health
- Alcohol or Drugs
- Addictions
- Domestic Abuse and Sexual Assault
- Financial or Legal
- Sexual Orientation Concerns
- Parenting and Childcare
- Illness or Disability
- Work and Life Balance

## Where is the EAP Office?

**The EAP has seven office locations. Employees and their household members can make an appointment at any office.**

Brigham and Women’s Hospital  
Faulkner Hospital  
Massachusetts General Hospital  
McLean Hospital  
Newton-Wellesley Hospital  
Salem Hospital  
Union Hospital

## Other Locations:

By special arrangement

**Call toll-free:  
1-866-724-4EAP (4327)**



## Can the EAP really make a difference for me?

**Here’s what employees who have used the Partners EAP have to say:**

*“It was great to have a helpful and sympathetic ear when I felt like no one else was there for me. I am so appreciative that the EAP is there.”*

*“The counselor was kind and understanding. She was able to guide me through a very stressful situation in my life with true compassion.”*

*“Although my issue hadn't affected my work yet, if it continued, it definitely would have. I went to EAP at the right time. I'm grateful for the tools they gave me to deal with it.”*

*“The EAP consultant I met with was extremely supportive and patient. She helped me get through one of the most difficult periods of my life. As a physician, I consider her help invaluable.”*

*“It is reassuring to know there are people there to care for the caregiver, and more importantly it is OK for the caregiver to accept assistance. I am very thankful for the assistance I was granted.”*

