

Employee Assistance Program (EAP)

866-724-4327 | eap.partners.org

Work and Life Resources

The Employee Assistance Program is a free, confidential work-life & well-being program. The EAP offers assessment, referral, short-term counseling, consultation, educational programs. No problem is too big or too small.



In-the-moment Support

Speak to a trained consultant by phone 24/7 if you are in distress



Work-Life Issues

Life transitions & challenges / Child, elder or special needs caregiving / Job stress
Financial issues / Legal concerns



Family and Relationships

Relationships / Sexual orientation & gender identity / Intimate partner violence



Well-Being

Stress / Anxiety / Healthy living / Empathic distress / Addictions / Depression / Grief & loss

Visit **eap.partners.org** at any time to request an appointment



TESTIMONIALS

"As a single mother, I turned to EAP for help with anxiety and financial concerns. The EAP taught me some mindfulness excises and offered financial resources for managing my budget. Now I can pay my bills on time."

"I was overwhelmed by caregiving responsibilities and felt like I was drowning. EAP connected me to a helpful support group and found an individual therapist for me. I can finally get a good nights' sleep."

Who can use the EAP?

Employees, professional staff, and immediate household family members.

When can I talk to an EAP Consultant?

Appointments are available weekdays in-person, by video and phone. Call Monday through Friday, 8 a.m. to 5 p.m. to schedule your free appointment or request one at eap.partners.org. We also offer 24-hour on-call support if you are in crisis. Appointments can be scheduled at any office, regardless of where you live or work.

Will anyone know I have used the EAP?

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

Workgroup Crisis Response

Our EAP consultants are skilled at supporting leadership, staff, and employees in the aftermath of traumatic incidents or adverse medical events that can disrupt patient care, operations, and staff well-being.

Online Resources

Visit eap.partners.org for resources, self- assessment tools, upcoming trainings, and monthly online support groups. We offer webinars for everyone, and special programs for managers.

Work-Life Resources for Families

The EAP assists parents returning to work after maternity or paternity leave and offers other supports to families. See the EAP website for information about lactation room locations, childcare and eldercare resources.

**Schedule a confidential in-person,
video or telephone appointment:**

866-724-4327

or

**Visit eap.partners.org
and complete an appointment request form**

We Serve Mass General Brigham

Call or check our website for a list of office locations