

Employee Assistance Program (EAP)

866-724-4327 | eap.partners.org

EAP WORK&LIFE RESOURCES

The Employee Assistance Program is a free and confidential Work&Life and well-being program offering short-term counseling, consultation, educational programs and referrals. No problem is too big or too small.



Work and Life Issues

Life changes and challenges / Elder or disabled caregiving
Job stress / Financial stress / Legal concerns / Childcare



Family and Relationships

Relationships / Sexual orientation and gender identity
Parenting / Domestic violence / Grief and loss



Well-being

Stress and resilience / Healthy living / Burnout
Addictions / Depression, anxiety and emotional health

The Employee Assistance Program (EAP) is committed to Workplace Health and Well-being

"Here for you...Help for you."

Visit eap.partners.org for more information.



TESTIMONIALS

“Juggling home, kids and money was getting really tough. The EAP helped me sort it out and see my options.”

“I cannot express the amount of gratitude I have for this program. I haven’t missed work in months and am a much better employee because of the help I received.”

Who can use the EAP?

Employees, professional staff, and immediate household family members.

When can I talk to an EAP Counselor?

Appointments are available weekdays in-person, by video and phone. Call Monday through Friday, 8 a.m. to 5 p.m. to schedule an appointment. We also offer 24-hour on-call crisis response. 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 personnel file.

Workgroup Crisis Response

Our EAP counselors 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 our website for helpful information, resources, self-assessment tools and upcoming training dates. Throughout the year we offer webinars and other educational workshops.

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 employee lactation room locations, childcare and eldercare resources.

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

Call 866-724-4327

OR

Visit eap.partners.org

and complete the appointment request form.

We serve Mass General Brigham.

Call or check our website for a list of office locations.