

## Contact us



Schedule a confidential in-person, video or phone appointment.

### **In the moment support.**

The EAP is here for you 24/7; you can call **866-724-4327** at the time that is right for you.

Visit [eap.partners.org](https://eap.partners.org) to request an appointment online.



### **We serve Mass General Brigham.**

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

Here for you...  
Help for you.

The EAP is committed to your emotional well-being.

# Employee Assistance Program (EAP)

**The EAP** is a free and confidential Work and Life Resource. The EAP offers short-term counseling, educational programs, and resources and referrals. Whatever is troubling you, you don't have to face it alone.

Help is available 24 hours a day, 7 days a week.



# About EAP

## **Who can use the EAP?**

Employees, professional staff, and household family members. Access is easy and there is no cost to you.

## **When can I talk to an EAP Counselor?**

A compassionate counselor is available 24/7, 365 days of the year to help you with life's stressors so that you can live a happy and productive life. Simply call the toll-free number or visit the EAP website for online resources.

## **Will anyone know I have used the EAP?**

Contact between you and the EAP is confidential. No information 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 dates for our well-being and work-life webinars. The site is available in multiple languages.

## **Employee lactation rooms**

The EAP provides employee lactation resources and rooms. See our EAP website for information about what is available at your organization.

I was getting really stressed out and the EAP helped me to get my priorities back in perspective. Now I am taking good care of myself, exercising, sleeping well and enjoying my life!

The EAP really helped me get my life back together. My partner and I are getting along much better now.

## What can EAP help with?

- Anxiety
- Child care
- Depression
- Elder care
- Emotional well-being
- Family and parenting issues
- Financial concerns
- Grief, loss
- Intimate partner abuse
- Legal issues
- Marital and relationship problems
- Physical illness
- Physical, emotional and sexual abuse
- Stress
- Substance use problems
- Workplace issues