



The UMass Employee Assistance Program

Confidential, Free, Counseling, Information and Referral

PERSONAL, FAMILY & WORKPLACE STRESS

The EAP offers confidential assistance for a variety of personal issues, including depression, anxiety, and trauma, suicide/self-harm and alcohol/substance abuse and misuse. The EAP also assists with family issues, such as marital, parenting, separation/divorce, and domestic violence. The EAP offers workplace coaching to assist with issues of conflict resolution, managing change and workplace incivility.

24/ 7 TELEPHONIC SUPPORT

Call [1-800-322-5327](tel:1-800-322-5327) 24/7. Call during business hours, Monday through Friday, 8:30 AM to 5:00 PM to schedule an appointment, or to discuss your concerns. Masters-level clinicians are available to provide telephonic clinical support. Help is available when you need it, whether you are a first-time caller requesting EAP services, or calling with an immediate need for support following a crisis: counselors are trained to assist you when you call.

PERSONALIZED CHILD CARE INFORMATION & REFERRAL

The EAP provides information and referral for child care. We gather information about your needs and research child care options on your behalf. The EAP will develop and provide a report that includes information on child care options that fit you and your family's needs.

SENIOR CARE INFORMATION & REFERRAL

The EAP provides information and referral for elder care. We gather information about your loved one's needs and wishes and research a range of resources, including day care, in-home, residential and insurances options. The EAP can help get you started toward learning about resources and locating services that might assist you and your loved one.

LEGAL CONSULTATION & REFERRAL

The EAP provides free consultation and referral to attorneys for personal legal matters through the EAP. You may obtain one (1) 30-minute consultation (face to face or by telephone) per legal matter. If you choose to retain the attorney, there is a 25% reduction from the attorney's normal rate.

FINANCIAL CONSULTATION & REFERRAL

The EAP offers free telephonic financial consultation by financial advisors with a broad range of experience in financial services. Employees can obtain education and guidance to determine the most appropriate way to handle their financial situation.



Employee Assistance Program
Call 800-322-5327



NATIONAL SUICIDE PREVENTION LIFELINE



We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. [1-800-273-8255](tel:1-800-273-8255)

ANONYMOUS ONLINE MENTAL HEALTH SCREENING

The EAP offers free and anonymous online mental health screening at our website (www.umassmed.edu/eap).

Screening is available for depression, alcohol abuse, bipolar disorder, eating disorders, generalized anxiety disorder, posttraumatic stress disorder and adolescent depression.

The self-assessment screening tools provide an anonymous evaluation and immediate feedback. You will also receive contact information to schedule an appointment or learn more about resources and referrals offered by the EAP.

THOUGHT FOR THE DAY

The EAP offers *Thought for the Day*, an email message that includes an inspirational quote followed by a short message of encouragement and support. Contact the EAP (eap@umassmed.edu) to request to receive the *Thought for the Day*.

MINDFULNESS & STRESS REDUCTION

Stress has become an intractable part of our lives. Who doesn't have stress? Research shows that stress can impact our emotional, mental and physical wellbeing. At the EAP skill building and mindfulness techniques are offered to help reduce or eliminate stress in an employee's work and personal life. Researchers support the hypothesis that practicing mindfulness regularly can lead to a happier, healthier life.

The EAP does not rely on funding through your health insurance and does not share your information with health insurers.

University of Massachusetts Employee Assistance Program

1-800-322-5327 or 508-856-1327

eap@umassmed.edu

www.umassmed.edu/eap