

Welcome to your EAP.

Life can be complicated. Get help with all of life's questions, issues and concerns with the Employee Assistance Program (EAP). We offer support with mental, financial, physical and work wellbeing. Whether you have questions about handling stress at work and home, parenting and child care, managing money, or health issues, you can turn to the EAP, anytime day or night, for a confidential service that you can trust.

Life

- Retirement
- Midlife
- Student life
- Legal
- Relationships
- Disabilities
- Crisis
- Personal issues

Family

- Parenting
- Couples
- Separation/divorce
- Older relatives
- Adoption
- Death/loss
- Child care
- Education

Health

- Mental health
- Addictions
- Fitness
- Managing stress
- Nutrition
- Sleep
- Smoking cessation
- Alternative health

Work

- Time management
- Career development
- Work relationships
- Work stress
- Managing people
- Shift work
- Coping with change
- Communication

Money

- Saving
- Investing
- Budgeting
- Managing debt
- Home buying
- Renting
- Estate planning
- Bankruptcy

