



Your EAP Lamar University provides an **Employee Assistance Program (EAP)** benefit that is available to you, your spouse and dependents under the age of 26. The EAP provides confidential, no-cost support for you and your family with personal issues, planning life events and/or work related concerns.

What exactly is an EAP?

An EAP is one of the most effective ways to identify and address personal problems. Through the EAP, you can access convenient and confidential services at no cost to help you and your family reach personal and professional goals.

How does your EAP work?

When you call your EAP, you will be connected with an experienced EAP professional who will help to identify your concerns and match you with the right support. Your EAP can assist with many common concerns such as:

- + Stress management
- + Legal consultations
- + Financial management
- + Depression/Anxiety
- + Trauma
- + Relationships /Communications
- + Grief/Loss
- + Substance use
- + Career development
- + Life phase adjustments
- + Child/Elder care
- + Healthy living

What does your EAP provide?

✓ **Counseling Services** are available with access to six (6) in-person or teletherapy sessions with a licensed therapist who will listen to your concerns. Sessions are provided per problem, per family, per provider, per plan year.

✓ **Legal Services** are available to provide guidance and direction on a variety of legal issues with access to 30-minute consultations with an attorney on most legal concerns, free simple will kit (if criteria met), document review, simple resolution letters and/or phone calls on your behalf, family law, and discount off an attorney's normal hourly rate.

✓ **Financial counseling** and planning services are available with access to resources that can assist in consolidating debt, identify theft planning and solutions, financial planning, retirement planning and access to financial counselors/planners for free consultations.

✓ **Online Work/Life Resources** provide access to unlimited self-help tools and resources for everyday work/life problems including child/elder care assistance, school/college resources, adoption assistance, and pet care services.

✓ **Online Wellness Resources** provides access to wellness tools to help improve your overall wellness. Resources include access to personalized health profiles, weekly wellness lessons on a variety of topics such as stress, healthy weight, back pain, and eating healthy. Quarterly wellness webinars are accessible with access to topics such as sitting is the new smoking, the importance of sleep, workplace workouts, eating healthy on the go and stress management.

Member site: www.4eap.com

Username: LamarU

Password: B98

**Private and confidential referrals and services
for you and your family**

**Your Mental Health Matters
Your EAP is Here to Help**

**Crisis
Counselors
24/7**

**Call Your EAP For
Confidential Support**

**800-324-4327
4eap.com**