

Group Services

Following difficult events, such as:

- Community, National or World Incident
- Illness or loss of a student, colleague, co-worker or family member
- Workplace Change or Uncertainty
- Worksite Accident / Injury

An EAP counselor may meet with a group to discuss common reactions, coping strategies, self-care practices and resources.

“ **Not everything that is faced can be changed, but nothing can be changed until is it faced.** ”
~ James Baldwin

Wellness Education

EAP staff offer **educational seminars and workshops** on a variety of topics for personal or professional growth as lunchtime presentations open to all or, by invitation, to individual departments, units, teams.

Topics include:

- Balancing Work & Personal Life
- Communication Skills
- Coping with Change & Uncertainty
- Dealing with Difficult Behaviors
- Parenting Support
- Stress Management...and more!

UConn

Employee Assistance Program

Storrs Campus Arjona - Room 136

Monday - Friday
8:00 am - 5:00 pm
(860) 486 -1307

Statewide - 24 Hours (860) 679 - 2877

(800) 852 - 4392 (Toll-free in CT)

hr.uconn.edu/eap

UConn Employee Assistance Program

A service provided by UConn Health
on behalf of Human Resources

Updated 2019

UConn

Employee Assistance Program



ONE STEP to HELP

What is the EAP?

The Employee Assistance Program, or EAP, provides **brief, free, professional consultation and counseling** for faculty, staff and eligible family members to help identify and find solutions for any problems or concerns affecting you, your family or your job.

LIFE CHALLENGES US

It is no surprise that life presents us with all kinds of challenges.

How can EAP help?

- Phone Consults
- Prompt In-person Appointments
- Referrals
- Wellness Education
- Group Services

One Step to Help

An employee or family member may begin receiving help with a **single telephone call** to the EAP. We encourage you to call **as early as possible** when a problem develops. Most people initiate contact with the EAP on their own. A suggestion to call might come from a caring friend, co-worker, steward or your physician. Your supervisor may also recommend EAP to help you with a matter involving performance.

In any case, participation in the EAP is always **voluntary, private and confidential**.

Convenience

Call the EAP: **(860) 486-1307**

Monday - Friday 8:00 am - 5:00 pm
or Statewide - 24 hours

(860) 679-2877

(800) 852-4392 (toll-free in CT)

If more than a brief phone consult is required, an appointment will be set, usually within a few days. Please leave a private voice mail if your call is not immediately answered. We will respond to your message as soon as possible.

The EAP Counselor will assess your situation, **offer brief counseling** to resolve an issue, **or recommend appropriate resources**.

What about Confidentiality?

Federal and State laws protect the privacy and confidentiality of all EAP records and communications. **Except as required by law**, in cases involving child or elder abuse/neglect, imminent threats of harm, or in compliance with a court order, **no information regarding your identity or participation may be disclosed to anyone within or outside of the program, without your specific written consent**. In cases involving supervisory or management referrals to help with performance concerns, you may be asked to grant limited consent for reporting follow-through on participation and recommendations. However, neither the nature of recommendations, nor content from any EAP sessions, will be disclosed.

Fees and Eligibility

There are no costs or fees associated with EAP services. If further care is indicated, every effort is made to recommend the most appropriate, cost effective resources, including health insurance carriers' in-network providers. Household family members, including children, are eligible to receive full EAP services, simply by identifying as dependents of UConn staff or faculty.

Common EAP Concerns

Substance Abuse ~ Anger Management ~ Bereavement ~ Bullying & Harassment
Adoption ~ Alcohol ~ Childcare / Eldercare ~ Childhood Trauma / Abuse ~ Co-Dependency
Career Questions ~ Co-Parenting ~ Domestic Violence ~ Eating Disorders / Weight Management
Discord ~ Financial / Debt Management ~ Legal Matters ~ LGBTQ Issues
Fears & Phobias ~ Panic Attacks ~ Post Trauma Stress ~ Retirement
Family / Parenting Issues ~ Blended Families ~ Time Management
Life Transitions ~ Single Parenting ~ Step / Blended Families ~ Workplace Conflict & Tension
Marital / Relationship Issues ~ Single Balance ~ Trauma ~ Sexual Trauma
Chronic Pain ~ Depression ~ Life Balance ~ ...and more!

Personal. Private. Confidential.