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!

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 it is faced."
~ James Baldwin

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
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.

**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.

**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.

**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.

**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.

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

...and more!

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