

NATOMAS UNIFIED SCHOOL DISTRICT

Employee Assistance Program

Fact Sheet

What is the Employee Assistance Program?

The Employee Assistance Program (EAP) is a benefit that is provided for you as an employee of the District. It is a confidential service providing help for your behavioral health and daily living challenges. There are no co-payments, coinsurance or deductible payments.

If you need help, you can call toll-free 24 hours a day, 7 days a week: **(800) 227-1060**

Who is Eligible? All employees and their lawful spouses are eligible. Unmarried dependent children are also eligible if they are:

- ◆ **Age 18 or less**
- ◆ **Age 22 or less and a full-time student**
- ◆ **Incapable of sustaining employment due to a mental or physical disability**

Description of EAP Services: Personal and work-related stress can often hold us back or keep us preoccupied. EAP services can help you identify problems, develop a plan and refer you to the appropriate resources. They can help you focus better and work better, so you can achieve your personal and professional goals.

Clinical Counseling: Most of us have problems at some time in our lives. Generally, we can manage them on our own. At times, however, help is needed, and a skilled professional can provide focus, direction and support. MHN's nationwide network of licensed counselors can help you identify and resolve issues involving:

- ◆ **Relationships / marital issues**
- ◆ **Family conflicts**
- ◆ **Stress, anxiety and emotional distress**
- ◆ **Depression**
- ◆ **Alcohol or drug abuse**
- ◆ **Life changes**

Each counseling session is 50 minutes long and is usually conducted in a counselor's private office.

Life Management Services: MHN's Life Management Services offers a full spectrum of telephonic consultations to help members deal with daily life issues, prepare for emergencies or get guidance on a variety of issues. Their services cover the following categories:

- ◆ **Personal Financial Counseling**
- ◆ **Child Care Consultation**
- ◆ **Elder Care Consultation**
- ◆ **Organizing Life's Affairs**
- ◆ **Personal Tax Advisory**
- ◆ **Pre-Retirement Consultation**
- ◆ **Concierge Services**
- ◆ **Legal Consultation**