

## Benefit - Employee Assistance Program (EAP)

One of the most comprehensive ways that we nurture and support the health and well-being of our staff, and the delicate balance of managing work and life stressors, is by providing access to an Employee Assistance Program.

### **What is an Employee Assistance Program?**

An employee assistance program (EAP) is a **confidential**, work-based intervention program designed to identify and assist employees in resolving personal problems (e.g., marital, financial or emotional problems; family issues; substance/alcohol abuse) that may be adversely affecting the employee's performance.

### **Who can access the Employee Assistance Program?**

This service is available, through LifeWorks, to every full-time and part-time employee at PACE. There is no cost to employees to access this program.

### **Why/When would I access this service?**

You can access LifeWorks for help with a wide range of questions and issues, counseling and access to information and resources that you may need. This service is available 24 hours a day, 7 days a week.

Emotional Wellbeing	<ul style="list-style-type: none"> <li>• Relationship</li> <li>• Stress</li> <li>• Mental Health concerns</li> </ul>
Parenting and Childcare	<ul style="list-style-type: none"> <li>• Communication, adoption, discipline and caregiving resources</li> </ul>
Elder Care	<ul style="list-style-type: none"> <li>• Health/Medical information support, caregiving resources</li> </ul>
Education	<ul style="list-style-type: none"> <li>• Kindergarten to high school, college and university information</li> </ul>
Addiction and Recovery	<ul style="list-style-type: none"> <li>• Help with Alcohol, Drug or Gambling issues</li> </ul>
Work	<ul style="list-style-type: none"> <li>• Career development, change management, productivity, relationships</li> </ul>
Legal	<ul style="list-style-type: none"> <li>• Legal advice, buying/selling a house, estate planning</li> </ul>