

Employee Assistance Plan (EAP)

As a member of the California Schools Employee Benefits Association (CSEBA), you are eligible for the Employee Assistance Program (EAP). This program is designed to provide confidential support for life's challenges or more serious problems. Help is available whenever you need it, 7 days a week, 24 hours a day, 365 days a year.

What Can My EAP Benefit Do For Me?

You may be struggling with stress at work, seeking financial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationships with your family. Your EAP Benefit offers assistance and support for all these concerns and more:

- Depression, anxiety and stress
- Substance abuse
- Relationship problems
- Workplace conflicts
- Parenting and family issues
- Living with chronic conditions
- Childcare and eldercare support

How Do I Get Started?

The EAP is available to you toll-free, 24 hours a day, 7 days a week.

- All services are CONFIDENTIAL
- Services are available to all household and dependent family members
- You get 5 FREE visits per issue (not per member) with an EAP provider

Phone: 866.799.2728

Email: answers@healthAdvocate.com

Website: HealthAdvocate.com/members access code: CSEBA

What Will Happen When I Call?

Once you call, our EAP counselors would walk you thru how the program will work when they do the clinical assessment and then (when appropriate) will facilitate the scheduling of in person visits with a participating provider. Remember, you have unlimited telephonic support.

A specialist will ask you a few questions to help identify the nature of your problem and the appropriate resources needed to address it. If you need financial or legal services, the specialist will refer you to an expert in that field. If you want to see a clinician, the specialist will match you with one in the network who has the appropriate experience to help. They will work to satisfy your preferences with respect to gender and language/cultural requirements.



We're here when you need us most



Struggling with a personal problem, concern or emotional crisis? Or, with balancing the needs of work, family and personal responsibilities? We're here to help.

Emotional Support

Your Employee Assistance Program (EAP) gives you confidential access to a Licensed Professional Counselor who will provide short-term assistance with issues that are having an impact on your life and well-being.

Your Licensed Professional Counselor can help address:

- Anger, grief, loss, anxiety, depression
- Job stress, burnout, work conflicts
- Marital relationships, family issues
- Addiction, eating disorders, mental illness

You may be referred to the appropriate professional for in-depth, long-term help.

Simply call us.

We offer in-the-moment support and can review clinical counseling options available via face-to-face, telephone, video, text or chat.

Work and Life Balance

Reach out to a Work/Life Specialist for help with managing your time, locating resources and connecting you to experts for help to balance work and life.

We can help with:

- Finding childcare resources
- Locating eldercare resources
- Personal/family/elder law, identity theft
- Financial resources for debt management, budgeting, credit issues
- Plus, we can connect you to financial and legal consultants

For added support, log on to the EAP+Work/Life member website for information and to sign up for monthly webinars.

Health Advocate is completely confidential and available to you, your spouse, dependent children, parents and parents-in-law at no cost to you. In a crisis, help is available 24/7.



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