

employee assistance program

WHAT IS THE EMPLOYEE ASSISTANCE PROGRAM?

The Employee Assistance Program (EAP) provides resources to help resolve personal concerns that may be affecting your health, well-being, family life or job performance. It provides confidential assistance to you and your family members 24/7.

In-person sessions are available with an EAP counselor in your area. You may also choose to schedule a guidance and consultation session with an EAP counselor on the telephone. Either way the counselor will help you evaluate your concerns and suggest the next best steps.

You may contact the EAP for any number of reasons, including:

- Stress related to work, family and personal life
- Balancing work and family
- Coping with change and transition
- Anxiety or depression
- Grief and bereavement
- Marital, family and parent-child issues
- Problems with alcohol and drugs

WHAT DOES THE EAP BENEFIT INCLUDE?

- Up to 3 counseling sessions (in-person, or via the telephone) per employee per year at no cost to you
- 24/7 phone access to live counselors, 365 days a year for an assessment and referral
- Unlimited access to the FEI - TriNet website (www.feibh.com/trinet) where you will find information and online tools on subjects such as addiction, grief & loss, anger management, eating disorders, divorce & domestic issues, child & elder care, dealing with financial troubles, legal issues,



career development and many, many more areas of interest

- Toll-free number: 1.888.893.5893

HOW DO I ACCESS THE EAP?

Begin by calling your toll-free number at 1.888.893.5893 to access services, and plan to spend up to 15 minutes with an EAP counselor for an initial phone interview. You may also contact the program online at www.feibh.com/trinet.

WHAT CAN THE EAP DO FOR ME?

- Provide professional, confidential assistance to address concerns and develop a plan of action
- Provide short-term counseling and/or referrals to community resources

IS IT CONFIDENTIAL?

Yes. To ensure confidentiality, all services are provided by FEI Behavioral Health (FEI), an independent provider of EAP services. Information about your personal situations protected within the limits of state and federal laws and will not be shared by anyone without your consent.

TriNet Employee Assistance Program