

EMPLOYEE ASSISTANCE PROGRAM



EAP counselors are here for you, offering confidential, voluntary, free services to help support your emotional well-being.

- Individual Counseling
- Couples Counseling
- Referrals
- Mediation
- Critical Incident | Disruptive Event Response
- Workshops, Brown Bag Seminars, Trainings

Contact EAP for a consultation or to schedule an appointment

415-554-0610 or 800-795-2351

Monday – Friday 8:00am – 5:00pm

1145 Market Street, Suite 100, easily accessible by public transportation

EAP counselors offer a variety of services

COUNSELING

Emotional stress can affect your physical health, relationships, sense of well-being and work performance. Communication difficulties can interfere with relationships at work and at home.

Getting help early can make a difference – You or an immediate family member may use up to six (6) EAP counseling session per year. Call EAP for a consultation or to schedule an appointment for individual or couple counseling.

REFERRALS

If you need additional services, EAP can provide guidance on accessing mental health care and substance abuse services offered through your health plan or a community resource. EAP can also provide resources for domestic violence, elder care, legal support and financial concerns.

WORKSHOPS, BROWN BAG SEMINARS & TRAININGS

EAP offers opportunities to help increase your well-being and capabilities in the workplace. Ask your Wellness Champion or your manager about bringing a workshop, seminar or training to your work group.



MEDIATION

Mediation is available to help you find resolution of interpersonal workplace problems that result from personality conflicts, communication difficulties and duty disagreements. Mediation must be arranged by your supervisor with an EAP counselor.

CRITICAL INCIDENT | DISRUPTIVE EVENT RESPONSE

Even emotionally resilient people may experience strong reactions when exposed to a traumatic or disruptive event. EAP is here to help support you process such an event so you can return to your regular routine.

WE'RE HERE *For You*
