

Vassar College Employee Assistance Program

- ✦ **What is an EAP?** The EAP, Wellness Corporation, provides access to free short-term counseling through local therapists, as well as referral for other work/life needs.
- ✦ **For what kinds of issues can I call the EAP?** You and your family can get help with a range of problems. You might use the EAP to cope with anxiety, parenting or relationship difficulties, grief, workplace stress, eating disorders or substance abuse.
- ✦ **What are work/life referrals?** In addition to counseling, the EAP provides referral and case-management for other personal or family needs such as legal questions, child care, elder care, and debt counseling. The EAP can help arrange services locally or in any other state – for example, to help a child in college or an elder parent living far away. Wellness Corporation also offers an interactive informational website, www.wellnessworklife.com, on a wide range of work/life topics, from college planning to pet care.
- ✦ **How do I contact the EAP?** The EAP is available 24 hours a day/7 days a week for crisis intervention, and during regular business hours for counseling appointments, and can be reached at **800.828.6025**.
- ✦ **What happens when I call?** An EAP counselor will match you or your family member with a local therapist who suits your needs and preferences. The EAP arranges for the therapist to call you when and where you are able to speak privately. If you are calling for work/life referrals, the EAP counselor will work with you directly.
- ✦ **Is the EAP confidential?** Yes, EAP calls and visits are held strictly confidential . Vassar pays Wellness Corporation a flat monthly rate to make EAP services available to all employees. We are not charged “per visit,” nor are we told who has used the EAP.
- ✦ **How many free counseling sessions are provided?** The EAP covers three free sessions per family member, per problem, per year. If longer-term therapy is recommended, the EAP will work with your health insurance plan to coordinate coverage where possible.
- ✦ **How can I find out more about the EAP?** Representatives from Wellness Corporation will be at the Benefits Fair, Wednesday, October 31, 9:00 to 4:00, Villard Room. Brochures are available any time in Human Resources and Benefits.