

# The ABCs of an EAP

## Your Guide to Employee Assistance Programs (EAP)

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An Employee Assistance Program (EAP) is a voluntary wellness program provided by employers. These programs offer confidential support and resources for employees and their dependents such as mental health counseling, legal assistance, retirement planning, crisis assistance, referrals, and follow-up services.


Sometimes we want to help but don't have the tools to do so ourselves.

*Offering an EAP with all the right tools to help your employees lets them know you care.*

### Benefits of an EAP

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Offering an EAP shows employees you support them holistically and have a genuine concern for their health and wellbeing. When someone is struggling at home or work, they cannot function well. An EAP is an investment employees will actually use—a win-win for your business and the employees you care about.



“I was getting really stressed out and the EAP helped me get my priorities back in perspective. Now I'm exercising, eating right, and really getting things done at work!”

#### Benefits Include:

- Employee loyalty and retention
- Improved attendance
- Increased engagement
- Morale boost
- Culture of support and understanding

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\*All services provided to employees by Forework are 100% confidential

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# What's included in an EAP?



## Mental Health Counseling

Voluntary counseling for depression, anxiety, behavioral issues, work stress, and addiction



## Work Issues

Resolving disputes with management regarding pay, addressing performance issues, supporting employees' training and in-service, and facilitating happy, loyal employees



## Financial Services

Budgeting advice, debt repayment, social security retirement planning, Medicaid assistance



## Legal Assistance

Immigration and family law counseling



## Family Assistance

Marriage counseling, elder care, family planning, mediation



## Caregiving

Employees may be faced with the additional challenge of being the caregiver for a loved one. An employee can get help locating eldercare or daycare services, nursing homes, or even tracking down an in-plan physician for a child going to school out-of-state

## How does Forework's EAP work?

We make it as easy and front-of-mind for your organization's employees to get the help they need, when they need it. Employees contact Forework directly if they or their family member needs any services covered by the EAP.

"I was so worried about my mom when she was diagnosed with cancer. The EAP offered a lot of helpful resources! Now, I'm actually feeling hopeful and strong."

### Our EAP team:

- Provides EAP training to managers and employees
- Contacts and provides every employee with information about the EAP and benefits
- Calls every employee monthly to offer support and check in
- Has trained counselors available 24/7, 365 by phone or online



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