

What is an Employee Assistance Program?

An Employee Assistance Program (EAP) is an employer sponsored program that provides confidential and free services to employees and their families. These services are designed to help employees deal with personal and work-related problems that may affect their performance. EAPs typically offer a variety of services, including:

- Stress Management
- Alcohol and Drug Abuse
- Financial Counseling
- Legal and Divorce Assistance
- Family Therapy
- Anger Management
- Smoking Cessation

because your employer pays for the program. EAPs are a valuable resource for employees and their families, and they can help to reduce the impact of stress and other personal and work-related problems. EAPs are also a cost-effective way for employers to support their employees and improve their productivity.

EAPs are a valuable resource for employees and their families, and they can help to reduce the impact of stress and other personal and work-related problems. EAPs are also a cost-effective way for employers to support their employees and improve their productivity.