

Employee Assistance Program

The Employee Assistance Program (EAP) is a **free**, voluntary benefit designed to help full-time employees and their loved ones cope with everyday situations. The EAP offers a wide range of services including information, evaluation, crisis intervention, short-term counseling, and referrals.

Resolving problems is a process that can sometimes be stressful and may bring on feelings of anxiety. The EAP provides confidential counseling and referral services for a wide range of issues including:

- Workplace issues
- Family problems
- Stress
- Financial difficulties
- Legal problems
- Alcoholism
- Drug Abuse
- Marital Problems
- Depression
- Grief and Loss
- Health and Fitness
- Personal Growth and Well-being

We recognize that good health and well being are very important. We want employees to be as healthy, happy and productive as possible. We encourage them to utilize the program by scheduling an appointment to see or speak to an EAP counselor. EAP counselors are available to speak with or see you on-campus by contacting the Employee Development Center in Manhattan at **(212) 935-3030 or (800) 327-9092**. EAP counselors are also available for appointments off-campus at the EAP headquarters located at 136 East 57th Street, Suite 405, New York, NY 10022.

If a spouse or dependent child needs help beyond the services provided by the EAP, these expenses may be eligible for coverage by the employee's group medical insurance.

No one will know if an employee uses the EAP unless the employee tells him or her. Participation is confidential. Neither the name of those who contacted the EAP, nor any information about the individual staff members or their dependents will be released by the center. **No information at the EAP is shared, reported, or described in any way with anyone at St. John's University.** No enrollment is necessary to access this benefit.