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## EMPLOYEE ASSISTANCE PROGRAM

The City provides at no cost to the employee a professional Employees Assistance Program (EAP) to all city employees and their family members. When an employee has questions, concerns, or emotional issues surrounding their personal or work-life you have access to consultants by telephone, resources, and tools online, and up to three face-to-face visits with a consultant for help short-term problems such as:

- 1. Referral to an attorney for legal advice.
- 2. Speak with financial experts for help with budgeting, controlling debt, teaching children to manage money, investing for college, and preparing for retirement.
- 3. Locate child care and elder care services.
- 4. Work through complex, sensitive issues such as personal or work relationships, depression or grief, or issues surrounding substance abuse.

See the Human Resource Director for more information.