



CALIFORNIA'S  
VALUED TRUST

Wellness Trust of the Education Community



beacon  
health options

### How Can the EAP Help You?

Call the EAP for guidance and support managing work and life, including:

- Achieving personal goals
- Finding care for an aging relative
- Sorting through legal matters
- Resolving conflicts
- Improving health such as weight loss, stress management or quitting smoking
- Planning for a strong financial future
- Strengthening relationships
- Improving communication skills
- Planning for life events such as a marriage or birth of a child

### YOUR EMPLOYEE ASSISTANCE PROGRAM

Call for confidential support or information any time, day or night.

**1-877-397-1032**

[www.achievesolutions.net/cvt](http://www.achievesolutions.net/cvt)



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### Privacy is a priority

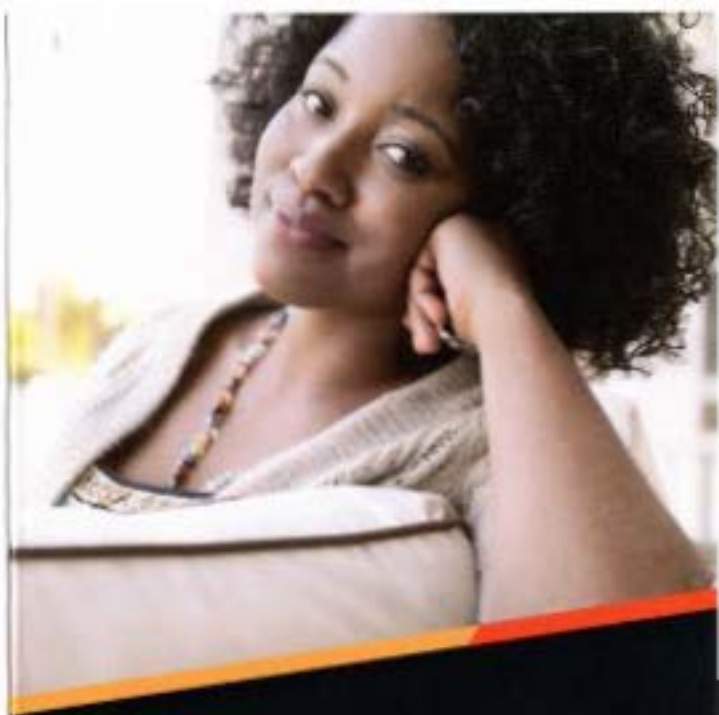
The EAP upholds strict confidentiality standards. Your personal information is kept confidential in accordance with federal and state laws. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).

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*This brochure is for informational purposes only and does not guarantee eligibility for program services. Beacon Health Options services do not replace regular medical care. In an emergency, seek help immediately.*



## EMPLOYEE ASSISTANCE PROGRAM

CONFIDENTIAL SUPPORT  
FOR WORK AND LIFE



beacon  
health options



# BENEFITS OF THE EAP INCLUDE:

## COUNSELING SERVICES

Talk one-on-one with an experienced, licensed counselor for support with stress management, strengthening relationships, work/life balance, grief and loss, and more. You can access a counselor face-to-face, online, by video, or by phone.

Each covered member can get up to six counseling sessions per benefit year (with a maximum of two courses of treatment). Clinical assistance is available 24 hours a day/7 days a week. As with all EAP services, your conversation will be strictly confidential.

## LEGAL SERVICES (Free 30-minute consultation and discounted rates)

Legal support for:

- Divorce
- Landlord and tenant issues
- Real estate transactions
- Wills and power of attorney
- Civil lawsuits and contracts
- Identity theft recovery

## FINANCIAL SERVICES (One 30-minute consultation with a financial coach per topic, per year)

Talk to a financial coach for guidance on:

- Saving for college
- Debt consolidation
- Mortgage issues
- Estate planning
- General tax questions
- Retirement planning
- Family budgeting

## WORK/LIFE SERVICES

- Work/life resource and referral services
- Child care services
- Elder care services



to help people live their lives to the fullest potential.

## HOW THE EAP WORKS

- **Access is easy and there's no cost to you.**  
Go online or call the toll-free phone number on this brochure any time. Each member must call Beacon Health Options for authorization and referral before receiving services. Claims will not be paid without an authorization.
- **Staffed by professionals.**  
EAP professionals are highly trained and qualified. The information you receive is accurate, up to date and relevant to your particular circumstances.
- **Your call is private.**  
Your personal information is kept confidential in accordance with federal and state laws.

**Life is busy.** When you need more resources to manage it all, our Employee Assistance Program (EAP) professionals can help. The EAP provides information, guidance and support to help you and your family reach your personal and professional goals, manage daily stresses and develop fulfilling relationships.

### The EAP is here to help

You don't have to handle your concerns on your own. It's OK to ask for help. In fact, seeking help early enables you to take immediate control of your situation and can prevent small issues from turning into big problems. EAP counselors are available 24 hours a day, 7 days a week. Whether your concern is big or small, don't hesitate to call.

## ONLINE RESOURCES

Visit the Achieve Solutions website to access articles, videos, calculators and quizzes to help you improve your health and manage life events. You can also search for service providers in your area. The site is available in English and Spanish.

Topics include:

- Depression
- Strengthening marriage and relationships
- Stress management
- Anxiety
- Conflict management
- Weight management
- Communication

## YOUR EMPLOYEE ASSISTANCE PROGRAM

Resources, referral and support services for personal success:

- Fulfilling relationships
- Managing life events
- Achieving personal goals
- Legal services
- Healthy living
- Financial services
- Resilience
- Work/life services



# 20 Ways You Can Use Your Employee Assistance Program

The employee assistance program (EAP) is a valuable resource to assist employees and their family members.

The EAP is designed to help you and your family members deal with personal problems brought on by such factors as: marital/family stress, emotional difficulties, alcohol/drug problems and many situations that can continue to make you feel stuck and confined.

Below are 20 ways you and your family can take advantage of the EAP. There are many more reasons you might see your EAP counselor. Remember, the Employee Assistance Program is not just for people in crisis, but also to help employees and their family members with the everyday problems that we all face in life. Your EAP can help with:



- **PERSONALITY CONFLICTS AT HOME OR ON THE JOB**
- **MONEY MANAGEMENT AND FINANCIAL PROBLEMS**
- **AN ADOLESCENT WHO IS USING DRUGS OR ALCOHOL**
- **SUPPORT IN DECIDING ON PROPER CARE FOR ELDERLY PARENTS**
- **A CHILD WHO HAS A BEHAVIORAL PROBLEM AT HOME OR AT SCHOOL**
- **ANXIETY OR DEPRESSION**
- **DOMESTIC VIOLENCE**
- **FEELINGS OF BEING OVERWHELMED**
- **LEARNING TO BE MORE ASSERTIVE**
- **CLARIFYING IMPORTANT LIFE DECISIONS AND PROBLEM SOLVING**
- **DEALING WITH THE LOSS OF A LOVED ONE**
- **MANAGING STRESS**
- **FEELINGS OF LONELINESS**
- **RECOGNIZING A SUBSTANCE ABUSE PROBLEM**
- **RESOURCES FOR MARITAL COUNSELING**
- **WAYS TO IMPROVE YOUR SELF-ESTEEM**
- **A GAMBLING PROBLEM**
- **SUPPORT WHEN LIVING WITH A PERSON WHO ABUSES ALCOHOL OR DRUGS**
- **HELP WITH LEARNING POSITIVE COMMUNICATION SKILLS**
- **ADJUSTING TO A DIVORCE OR SEPARATION**

Your EAP is completely confidential, and available 24 hours a day, 365 days a year.