

## How Are Referrals Made?

Most employees call on their own when they need assistance. Employees may also be referred by a concerned colleague, union representative, human resources, or a healthcare provider. These are called self-referrals.

Managers may also refer an employee when they notice performance or attendance concerns. The goal is to offer help for any underlying personal issue that may be impacting an employee on the job. These are called management referrals.

Regardless of whether a referral is self-initiated or made by a manager, use of the EAP is always voluntary. It's up to you to decide whether to take advantage of the service.



## About Us

The Employee Assistance Program (EAP) is part of the Division of Occupational and Environmental Medicine at UConn Health's Farmington campus. We are proud to be a local, Connecticut-based provider who has been providing EAP services for over 30 years. Our client organizations represent diverse populations that range in size from less than 10 to over 4,000 employees.

## Contact Us

### Office Location

195 Farmington Avenue  
Suite 2000  
Farmington, CT 06030

Phone: 860-679-2877 or 800-852-4392  
Email: [uchc\\_eap@uchc.edu](mailto:uchc_eap@uchc.edu)  
Web: [h.uconn.edu/eap](http://h.uconn.edu/eap)

Appointments are available in our Farmington office or on a secure telehealth platform.

Scan here to access the EAP website:



**UConn**  
HEALTH

263 Farmington Avenue  
Farmington, CT 06030  
[health.uconn.edu](http://health.uconn.edu)

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**UConn**  
HEALTH

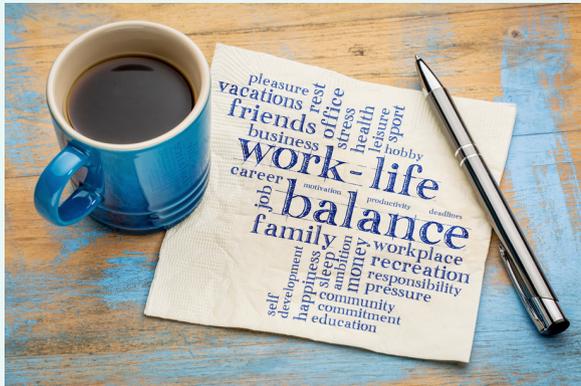
## Employee Assistance Program

Free, confidential short-term counseling for employees



# Your Employee Assistance Program

Balancing personal and professional responsibilities can be a considerable source of stress for employees. Yet, managing stress and change is a part of everyday life.



The Employee Assistance Program (EAP) is an assessment, brief counseling, and referral program that is offered as a benefit of employment. EAP services are available to employees and their immediate family members. Services are provided by licensed mental health professionals with specialized training in issues that may impact work performance. EAP professionals provide strategies and resources to help employees live healthier, happier, and more balanced lives.

EAP services are **free** and **confidential!**

## EAP Can Help With

- Conflict in the workplace
- Stress, anxiety, and depression
- Balancing work and personal life
- Marital and family problems
- Grief and loss
- Transition and change
- Traumatic events
- Substance use concerns
- And more!

## Additional EAP Services

Consultation for managers and supervisors

Intervention and support following traumatic workplace events

Training for employees and managers on a variety of topics with emphasis on prevention and education

24 hours per day, 7 days per week toll-free availability for all employees

Promotional materials and monthly newsletters

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*“Not everything that is faced can be changed, but nothing can be changed until it is faced.”*

- James Baldwin

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## Why Organizations Offer the EAP

In today’s fast-paced and ever-changing workplace, ensuring the well-being and productivity of employees is critical to an organization’s success. Recognizing the need to support their workforce, many organizations incorporate Employee Assistance Programs into a platform of wellness resources to promote overall well-being. It is well recognized that healthy employees foster healthy and productive workplaces.

