

EAP

Employee Assistance Program

Consider the toll stress exacts on your life. Does your work or personal life call out for more attention?

Offering confidential, free, assistance for you and your family, the EAP can help you address your personal concerns. We are inclusive and welcoming to all of the people we serve.

The EAP offers assistance in the following areas:

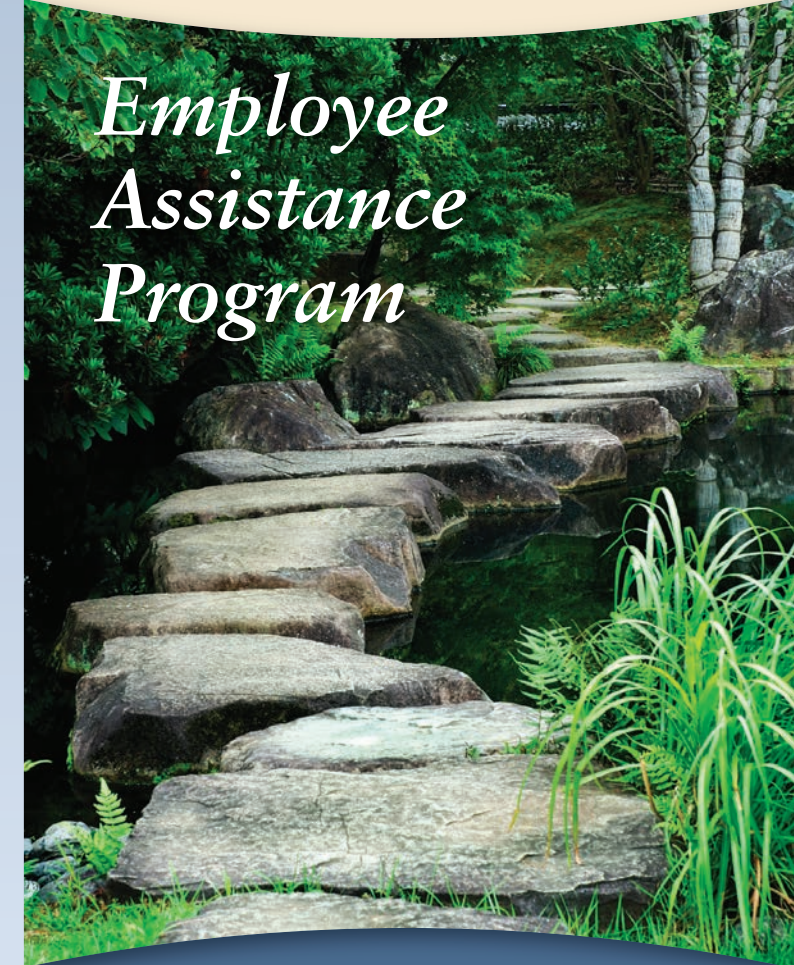
- Emotional and Mental Health Issues
- Alcohol and Substance Abuse
- Tobacco Cessation
- Gambling
- Anxiety and Depression
- Suicide/Self Injury
- Domestic Abuse
- Emotional Trauma
- Grief
- Family and Parenting
- Marital Issues and Separation/ Divorce
- Domestic Abuse
- Work Related Stress; Conflicts at Work
- Dependent Care; Child Care; Elder Care
- Financial Stress
- Legal Concerns

Are you interested in exploring ways to live with greater peace and less stress?

Counselors are ready to assist you when you call...24 hours-a-day, 7 days-a-week.



Employee Assistance Program



*Here to Listen
Here to Respond
Seek Help Here*

The Employee Assistance Program
382 Plantation Street • Worcester, MA 01605

Phone: 1-800-322-5327 • Email: eap@umassmed.edu
Website: umassmed.edu/eap

Here to Listen...

The Employee Assistance Program (EAP) at the University of Massachusetts Medical School is designed to help people experiencing stress. It is available to employees and household members.

The EAP keeps personal information strictly confidential. You can discuss your private concerns with the knowledge that your information will remain private.

There is no cost to utilize the EAP. There is no health insurance, co-pay, or pre-authorization required to access EAP services.

Your employer pays for the EAP; your employer is invested in your wellbeing.

Are you living your life the way you wish to live? Are you living your life with clarity, honesty, and intention?

The EAP offers professional assessment, assistance, and information and referral. EAP Counselors are masters-level, licensed, clinicians.

The Employee Assistance Program
University of Massachusetts Medical School
1-800-322-5327

Here to Respond...

UMass EAP is committed to promote the health and well-being of employees and their household members through the prevention, identification, and treatment of personal problems in the workforce.



"When people honor each other, there is a trust established that leads to synergy, interdependence, and deep respect. Both parties make decisions and choices based on what is right, what is best, what is valued most highly."

Blaine Lee

Seek Help Here



"I would recommend my counselor to anyone. He is awesome! He played a key role in getting me back on my feet and back to work. Thank you!"

"I am very grateful the program was available. It was very helpful and the clinician was professional and understanding."

"The services were very much appreciated. She (my counselor) was very helpful."

"Recently I received a follow-up call from the EAP and I really enjoyed hearing from my counselor and receiving her call."

"I have seen my counselor a few times and it's always like talking to an old friend. She's wonderful!"

"I really am impressed with how quickly staff responded and very thankful for services."

"Everyone was very helpful and courteous. I am grateful."