

Educational Seminars & Online Resources

In addition to providing counseling and consultations, the EAP is committed to providing you with knowledge and resources to support your well-being. Throughout the year we lead seminars and other educational workshops on various topics. Visit our website for helpful information, resources and self-assessment tools.

Resources for Breastfeeding Employees

The Mothers' Corner is a program for employees returning to work after maternity leave. The Mothers' Corner lactation rooms provide new mothers with the opportunity to continue breastfeeding while back at work. A complete list of locations is available on the Partners EAP website.

Domestic Violence Intervention

The EAP Domestic Violence Coordinator provides customized services to employees and workgroups affected by domestic violence.

- ▶ Individual advocacy, education and support
- ▶ Workgroup support and education
- ▶ Consultation to Management, Human Resources, Occupational Health and other departments

Easy Access to EAP Services

We can provide you and your household members with the right help at the right time. To schedule an appointment call Monday through Friday, 8AM – 5PM.

EAP office locations:

- ▶ Brigham and Women's Hospital
- ▶ Brigham and Women's Faulkner Hospital
- ▶ Massachusetts General Hospital
- ▶ McLean Hospital
- ▶ Newton-Wellesley Hospital
- ▶ Salem Hospital
- ▶ Union Hospital
- ▶ Other locations

Appointments are available at any EAP office regardless of where you work or live.

To schedule a confidential appointment with the EAP at any location, simply call:

1-866-724-4EAP (4327)

Visit the Partners EAP website now!



www.eap.partners.org

REMEMBER: We are here for you....with help for you when you need it....through the seasons of life!



Partners EAP is accredited by the Council on Accreditation (COA) as a provider of the highest quality EAP services.

Call Toll-Free
1-866-724-4EAP (4327)

Here for you... Help for you...



Through the Seasons of Life.

**Partners
Employee Assistance
Program**

EAP

Work&Life Resources



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL
AND MASSACHUSETTS GENERAL HOSPITAL

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What is the EAP?

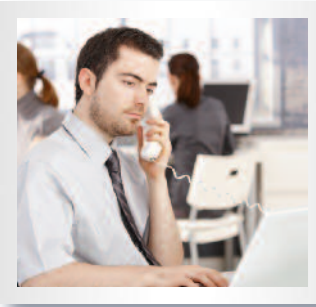
The EAP is a **free and confidential** Work&Life resource. We provide short-term counseling, consultation, referral to resources and seminars. We've helped thousands of employees put their problems in perspective and get the help they need to be happy and productive.

Who can use the EAP?

The EAP serves all Partners HealthCare affiliates. Employees and medical staff, and their household members may call or make an appointment in person. Our services are free.

When can I talk to an EAP Consultant?

Call Monday through Friday, 8am - 5pm to schedule an appointment at any EAP location. Appointments are available weekdays to accommodate all shifts. We also offer 24 hour on-call crisis response.



Will anyone know I have used the EAP?

All contact between you and the EAP is confidential. Your visit is private. No information can be reported about you or your use of the EAP to anyone without your written consent, except when required by law. Nothing is included in your medical record or personnel file.

“I cannot express the amount of gratitude I have for this program. I haven't missed work in months and am a much better employee because of the help I received.”



How can the EAP help me?

The EAP can help you and your household members with all kinds of work and life concerns. Don't hesitate to ask for assistance. No problem is too big or too small.

“Juggling home, kids and money was getting really tough. The EAP helped me sort it out and see my options.”

Family and Relationships

- ▶ Relationship issues
- ▶ Parenting/Childcare
- ▶ Eldercare/Disabled caregiving
- ▶ Sexual orientation
- ▶ Grief and loss
- ▶ Military families and veterans

Health Issues

- ▶ Stress Management
- ▶ Healthy Living: diet and exercise
- ▶ Depression or other mental health issues
- ▶ Addictions
- ▶ Serious or chronic health problems

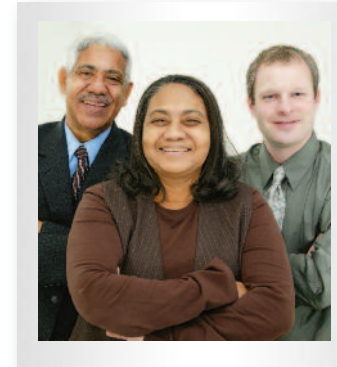
Work/Life Issues

- ▶ Work/life balance
- ▶ Help with life challenges
- ▶ Job Stress
- ▶ Changes in your financial situation
- ▶ Caring for aging parents
- ▶ Financial or legal issues

Resources for Managers

The EAP consults with managers who are concerned about their staff. Use of the EAP by managers and employees is always voluntary. The EAP is a problem-solving program and can help employees function at their best.

Workgroup Crisis Response



When individuals and workgroups are impacted by extraordinary events, managers can call the EAP for consultation. Our EAP Consultants are skilled at supporting managers and employees in the aftermath of traumatic incidents or adverse medical events that can disrupt operations.

“EAP is a great resource to help employees and managers.... I feel very confident sending employees that need help or assistance to talk with EAP.”

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