

# YOUR EAP

**Maicopa Unified School District** provides an **Employee Assistance Program (EAP)** benefit for you, your spouse/partner and dependents under the age of 26. Through Interface EAP, your employer provides **free** and **confidential** counseling services with therapist in your area, and referrals to attorneys and financial advisors.

## What Exactly is an EAP?

An EAP is one of the most effective ways to identify and address personal problems. The EAP provides referral assistance for professional, confidential, short-term counseling services for employees and their family members who may be experiencing difficulties. The EAP also provides referral assistance for legal and financial consultations.

## How does your EAP work?

When you call the EAP, you will be connected with a Care Coordinator who will assist to identify your concerns and match you with the right support. A free and confidential referral can be provided to assist with a number of issues including but not limited to:

- ◆ Stress
- ◆ Anxiety, Depression
- ◆ Relationship/Marriage
- ◆ Grief and Loss
- ◆ Addiction and Recovery
- ◆ Eldercare Support
- ◆ Debt Management
- ◆ Career Development
- ◆ Legal Consultations
- ◆ Mental Wellness
- ◆ Workplace Concerns
- ◆ Dealing with Trauma

## What does your EAP provide?

**Counseling Services** are available for employees and their immediate family members to access 6 **free** face-to-face or E-counseling (telehealth video) counseling sessions with a licensed therapist in the area. Sessions are provided per problem, per family, per provider, per plan year. If longer-term care is needed, Interface will assist individuals to access community referrals and any available mental health network.

**Legal Services** under your benefit include a free 30-minute consultation with an attorney in any specialized area, a free simple will kit, up to 6 pages document review, calls/letters on your behalf, and up to a 25% discount off an attorney's normal rate. You have access to three 30-minute consultations per family, per plan year.

**Financial Counseling** and planning is also available with access to resources that can assist in consolidating debts, identity theft counseling, financial planning, retirement planning and access to licensed Financial Planners. You have access to three 30-minute consultations per family, per plan year with a financial advisor telephonically.

**Online Work/Life Resources** – Access to unlimited self-help tools on work/life resources. Resources are available to all employees and family members. Work/Life resources includes resources for: child care, elder care, school/college resources, adoption assistance, pet care services and access to additional educational materials and calculators.

**Online Wellness Resources** – Access to wellness resources and weekly wellness lessons on a variety of topics such as stress less, healthy weight, women's health, back pain management, eating healthy and men's health. Also provided are quarterly wellness webinars on topics such as: Sitting is the new smoking, The importance of sleep, Work place workouts, Eating healthy on the go, Stress management.

Member site: [www.4eap.com](http://www.4eap.com)

Username: **MUSD**

Password: **B54**

## Private and Confidential Referrals

It is difficult to know where to turn when personal problems arise. The EAP offers support for you and your family. Access to the EAP is free and confidential. Call to access any of the professional services offered by your **Employee Assistance Program**.

Call your EAP today for  
Free & Confidential Assistance

HELP STARTS HERE



**800-324-4327**

**Hablamos Español**

**800-324-2490**

[www.4eap.com](http://www.4eap.com)

Crisis Counselors

24/7



Interface EAP

