

Employee Assistance Program

Life is full of ups and downs, and sometimes the challenges we face can feel overwhelming. During these difficult times, seeking the guidance of a licensed professional can make all the difference. That’s where our Employee Assistance Program (EAP) through **The Life Connection** can help.

When do you use an EAP?

You can use EAP resources for a variety of crises and life stress. Here are some examples of reasons to reach out:

- Life Changes
 - Birth/Adoption
 - Child Care
 - Parenting
 - Family Conflicts
- Stress
 - Depression
 - Job Pressures
 - Legal Trouble
 - Finances
- Elder Care
 - Relationships
 - Grief
 - Aging
 - Drugs/Alcohol
- Eating Disorders
 - Panic Attacks
 - Addictions

If it’s stressing you out, it’s worth a call.

Benefit Details	
Who has access to this EAP?	The EAP is available to you and anyone living in your household.
What is included in this program?	The service includes up to 6 in-person counseling sessions per occurrence and unlimited number of phone calls. Available 24 Hours a Day, 7 Days a Week, 365 Days a Year.
Are the appointments confidential?	Yes, all discussions between you and the EAP counselor are confidential. Personal information is never shared with anyone (including Southern Utah University) at any time without your direct knowledge and approval. Exceptions are made only in cases governed by law to protect individuals threatened by violence.
Do you have to be in crisis to call?	No, the EAP is your resource for everything from the everyday to the unexpected. At times, we can all use help with a personal problem or issue that is interfering with our life or work. Most people experience personal or family challenges in the course of their lives. Our professional counselors are available to discuss the issues you face in your life.
Who pays for this coverage?	100% paid by Southern Utah University for all employees. All EAP services are free to you with no co-pay or deductible required.

How to Access This Benefit

Setting up an appointment is as simple as calling the office or requesting an appointment online. You will be offered an appointment time, generally within a couple of working days of your initial call. Crisis cases are seen the same day, generally within two hours. No paperwork or approval is needed and there is no charge.

Seeking help early minimizes the chances of problems escalating and requiring more extensive services. Often, a few visits with a counselor are all you need to gain perspective and regain a sense of control over your life.

- By Phone: 800-280-3782
- By Website: www.bhoptions.com
- Code: SUU