

# *Employee Assistance Program*

*The Employee Assistance Program (EAP) offered through the Trust is a service available to all employees of all member districts and their families. The program provides personal assessment and counseling services to help you and your family overcome problems and difficulties. These problems may be stress, family conflict, work problems, relationships, drugs/alcohol, financial problems, marital, parenting, health, emotional, grief, or legal. The list goes on.*

*There is no direct charge to you for basic coverage. You and your dependent family members are covered regardless of whether or not you subscribe to your district's health insurance plans.*

*You can be assured of absolute confidentiality; your district office personnel do not even know if you use it unless you tell them yourself. If you need a willing ear, call **800-752-7923** to arrange for services.*