

Employee Assistance Program

California State University, Stanislaus

5028

What Is an EAP?

An EAP is a service designed to help you manage life's challenges. Everyone needs a helping hand once in a while, and your EAP can provide it. We can refer you to professional counselors and services that can help you resolve emotional health, family and work issues. The following services, paid for by your employer, are available to eligible members.*

Clinical Counseling

Your EAP can provide an assessment, assistance and referral to additional services when needed. Eligible members are entitled to up to 5 counseling sessions per incident, per calendar year, for a wide range of emotional health issues, including:

- Marital, relationship and family problems
- Alcohol and drug dependency
- Stress and anxiety
- Depression
- Grief and loss

Work & Life Services

Telephonic consultations are available for:

- **Child and Elder Care Assistance** – Help with identifying care-giving options and available community and financial resources.
- **Financial Issues** – Budgeting, credit and financial guidance.
- **Federal Tax Assistance** – Help with IRS audits and unfiled or past-due tax returns.
- **Pre-retirement Planning** – Lifestyle and financial guidance for planning a quality retirement.
- **Organizing Life's Affairs** – Help with organizing vital records and documents, or with arranging "final details" for a loved one.
- **Concierge Services** – Referrals for everyday errands, travel, event planning and more.
- **Legal Services** – Telephonic *or* face-to-face legal consultations are available for issues relating to civil, consumer, personal and family law, financial matters, business law, real estate, criminal matters, the IRS and estate planning.

Online Member Services

Access EAP information and tools online. With the click of a mouse you can:

- Search for an MHN counselor and get a referral
- Manage your stress with interactive tools
- Take a health risk assessment
- Ask our expert an emotional health question

The website also has information and tools on:

- Communication and relationships
- Depression and anxiety
- Substance abuse
- Grief and loss
- Health and fitness
- Child and adult care
- Personal finance

To access these services, go to: **members.mhn.com** and register with the access code: **csustanislaus**

For a referral to a counselor you will be prompted to supply additional information.

(Some restrictions to these EAP services may apply.)

* All employees of California State University, Stanislaus with an appointment of at least half-time for more than 6 months or benefited employees of a CSU Stanislaus Auxiliary (Auxiliary & Business Services; Associated Students, Inc.; Foundation or University Student Union) are eligible. Lawful spouses, registered domestic partners, roommates and unmarried dependent children of those employees are also eligible. Children are defined as natural, adopted or stepchildren up to age 23.

**If you need help, call this toll-free number
24 hours a day, 7 days a week:**

(800) 227-1060

TDD callers, please dial: (800) 327-0801

