**EAP – Employee Assistance Program** [**Employee Assistance Program (EAP) (cpp.edu)**](https://www.cpp.edu/benefits/health-benefits/eap.shtml) **­Call at 1-800-367-7474**

1. EAP – Employee Assistance Program
2. Counseling Benefit
3. Work/Life Program
4. Crisis Support
5. Online Resources
6. Includes family and dependents up to 26 years of age.
7. Free and confidential
8. Initiating Services
9. Member website
10. Mobile app
11. Phone
12. Face to face
13. Video phone
14. National Network
15. Social workers
16. Professional counselors
17. Marriage/family therapists
18. PHD level psychologists
19. State licensed
20. Counselors in every county in each state
21. No co-pay
22. Common Issues
23. Stress/parenting/budgeting
24. Legal questions
25. Workplace concerns, emotional issues
26. Relationship concerns
27. Child and elder care resources
28. Domestic issues
29. State planning
30. Traffic tickets
31. Work/Life – Legal Referrals
32. Free initial 30-minute consultation
33. Will kits for simple wills
34. Document review
35. Online template, forms, articles, and tip sheets
36. Discount on lawyers
37. Work/Life – Financial Consultations
38. Unlimited financial consultation
39. Negotiation with creditors
40. Assistance with housing issues
41. Identity theft assistance
42. Work/Life – Family and life referrals
43. Childcare
44. Elder care
45. Education
46. Adoption
47. Work/Life – Convenience Resources
48. Home repair
49. Travel planning
50. Wellness
51. Entertainment services
52. Pet sitting
53. Apartment locators
54. Concert tickets assistance