

## Employee Assistance Program Service Summary for T.J. Regional Health



Your employer has provided you with an Employee Assistance Program (EAP). This benefit provides free and confidential counseling services and resources designed to help you and your household members work through life's challenges.

### Contact EAP 24/7.

Confidential help 24 hours a day, seven days a week for employees and their household members. Get help with:

- Family
- Parenting
- Addictions
- Emotional
- Legal
- Financial
- Anxiety
- Stress
- Relationship
- Work Concerns
- Trauma
- Grief

### Counseling

- Up to 6 visits
- In-person or virtual visits available
- Call EAP or contact us through our website [www.humandev.com](http://www.humandev.com)

### Work/Life Services

- Self-assessment tools
- Personal growth courses/webinars
- Professional growth courses/webinars
- Legal resources, forms, and seminars online
- Financial resources and budgeting tools online
- Digital tools to improve emotional well-being
- Online resources for childcare, adoption, elder care, and assisted living
- Resources for pet sitting, moving, and other common needs

### Crisis Consultation

- Clinicians On-Call 24/7

**The EAP can help you figure out your next steps when something unexpected happens.**

### Work/Life Online Services

- [www.humandev.com](http://www.humandev.com)
- Click Member Login
- Click Register
- Create User Name
- Company: **TJREGIONALHEALTH**
- Create Password
- Verify Password
- Select Passphrase and Answer
- Click "I Agree"
- Click "Register"

**We partner with your employer to offer these services at NO COST to you!**