

Employee Assistance Plan (EAP)

As a member of the California Schools VEBA (VEBA), you are eligible for the Employee Assistance Program (EAP). This program is designed to provide confidential support for life's challenges or more serious problems. Help is available whenever you need it, 7 days a week, 24 hours a day, 365 days a year.

What Can My EAP Benefit Do For Me?

You may be struggling with stress at work, seeking financial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationships with your family. Your EAP Benefit offers assistance and support for all these concerns and more:

- Depression, anxiety and stress
- Substance abuse
- Relationship problems
- Workplace conflicts
- Parenting and family issues
- Living with chronic conditions
- Childcare and eldercare support

How Do I Get Started?

The EAP is available to you toll-free, 24 hours a day, 7 days a week.

- All services are CONFIDENTIAL
- Services are available to all household and dependent family members
- You get 5 FREE face-to-face counseling sessions (per incident) with an EAP provider

Phone: 888-625-4809

TDD/TTY: 888-842-9489

Website: www.liveandworkwell.com access code: VEBA

What Will Happen When I Call?

A specialist will ask you a few questions to help identify the nature of your problem and the appropriate resources needed to address it. If you need financial or legal services, the specialist will refer you to an expert in that field. If you want to see a clinician, the specialist will match you with one in the network who has the appropriate experience to help. They will work to satisfy your preferences with respect to gender and language/cultural requirements.

Can I Access Services Online?

Yes. liveandworkwell.com is an interactive website that provides access to your benefits and tools to help you enhance your work, health and life. You can:

- Check your benefits information and submit online requests for services
- Search their online directory of clinicians
- Access information and resources for hundreds of everyday work and life issues in one of their many virtual help centers
- Participate in interactive, customizable self-improvement programs