



# Wesleyan University Employee Assistance Program

## Program Description

Effective January 1, 2014, our Employee Assistance Program provider, The Wellness Corporation, has been acquired by E4 Health, a leading provider of holistic life services and wellness solutions for organizations worldwide. The EAP will be renamed Life Scope, where there's more to life. For more information, please go to their website: [www.wellnessworklife.com](http://www.wellnessworklife.com). Username is case sensitive and should be lower case.

## Schedule a Confidential Appointment

**Call toll-free: 1-800-828-6025** for routine and urgent issues. Master's-level counselors are available to take your call 24/7.

## Confidential Personal Counseling

The EAP provides confidential in-person assessment and short-term counseling by local professionals for any issue that causes concern.

There is no cost for up to three sessions per concern whether you are faculty, staff or a dependent or household member of a Wesleyan University employee. You may receive additional referrals and resources after in-person counseling.

## Legal Consultation Services

You can receive a free 30-minute telephone or in-person consultation with a local attorney, with a 25% reduction in fees if that network attorney is retained. Areas covered include:

- Civil and Consumer Issues
- Personal and Family Services
- Financial Matters
- Real Estate
- Criminal Matters
- IRS Issues
- Consumer Credit Services
- Estate Planning

## Financial Consultation Services

You can receive a free 30-minute telephone consultation with a certified financial professional on these topics:

- College Funding
- Charitable Giving
- Life Insurance Needs
- Retirement Planning
- Deferred Compensation

## **Budget and Debt Consultation Services**

If you are faced with budget and/or debt problems, the EAP will refer you to a non-profit agency, American Consumer Credit Counseling, and will pay the initial fee for this service. ACCC has experience helping people put together sensible budget plans and providing advice about handling debt problems, and Identity Theft issues.

## **Work/Life Referrals**

The EAP will help you to locate child and/or elder care, and other services. You can also receive information on becoming a parent, school-aged decisions, special needs, college preparation and planning, relocation, and a host of other topics. This information is available telephonically, and packets of related information may be sent as well.

## **New Parent Transition**

You can receive free telephone coaching sessions with a Family Management Coach. The coach works with you to craft a family/life plan that will harmonize the particular dynamics of your family and work life and ease your transition back to work.

## **Online Resource**

The EAP website is your online toolkit for managing problems in your life anywhere, anytime, as long as you are connected to the Internet. Here you will find tools to help with behavioral health, financial, legal, and work issues. Username is case sensitive and should be lower case. To log in and register, use "wesleyan university" as the username and guest as the password. Login at:

<http://www.wellnessworklife.com>.

## *Additional EAP Services*

### **Management Consultation**

The EAP provides guidance and coaching for supervisors on effectively handling difficult employee interactions, talking about work performance, and maintaining positive, productive work environments. Initiate a management consultation by calling the main EAP number, 1-800-828-6025, and asking to speak with an EAP Senior Consultant.

### **Critical/Traumatic Incident Response Services**

The EAP provides a range of services to address the impact of traumatic events in the workplace. A critical/traumatic incident could include a coworker's serious illness, death or suicide, a threatening or violent incident in the work setting, or a natural or man-made disaster. The EAP can support your team through facilitated discussions and on-site consultations.

### **Grief at Work**