Did You Know…

Your employee benefits include confidential help for life's difficult moments?

Iowa State's Employee Assistance Program—often called the EAP—is available to benefit-eligible faculty, Professional and Scientific staff, Merit staff, predoctoral employees, postdoctoral employees, and their immediate family members. The program is designed to provide timely, confidential support before a personal concern begins to affect health, relationships, or job performance.

The EAP is not limited to crisis counseling. Licensed professionals can help with stress, anxiety, depression, parenting, relationship concerns, substance use, grief, and other day-to-day challenges. Additional services include life coaching, financial consultation, identity-theft resolution, legal consultation, elder-care resources, and practical assistance with real-life problems.

The benefit includes up to six free counseling visits. Help begins with a phone call, and assistance is available 24 hours a day, seven days a week. An EAP counselor is also available on campus once each week; appointments are arranged by first calling the EAP. Family members may contact the program independently and receive the same confidential services.

Using the EAP is private. Iowa State and supervisors are not told who uses the service or what is discussed, except within the limited circumstances required by law. If a concern requires support beyond the visits or services provided by the EAP, the counselor can help identify additional resources; costs for outside care may then depend on insurance coverage.

Knowing where to begin is often the hardest part of addressing a problem. Save the EAP number—800-327-4692—in your phone so it is available when you or someone in your household needs it.

Learn more: Review Iowa State's Employee Assistance Program benefit