# Employee Assistance Programs (EAP)



**Accessing the EAP – How to Get the Most out of the Service?**

Employee Assistance Programs are designed to help employees during times of stress. Knowing what to ask for and what to do if it isn’t working is important too.

Many employees have had poor luck with their EAP or have heard others talk about how their employers’ program is poor. If you have struggles with accessing services due to poor performance of your EAP contact your employer and let them know. Contracts are based in performance and providers should be held accountable.

**How to Find Resources -**

Employees can reach out to their employer to learn more about any resources that might be available to them.