

Employee Assistance Program EAP

UMC provides the Employee Assistance Program as a **FREE** benefit to employees and family members living in employees homes. Employee Assistance

counselors are trained in treating all types of problems related to daily living, including:

- Family and Relationship Problems
- Depression
- Anxiety and Stress
- Alcohol and Drug Abuse
- Tobacco Use Problems

UMC provides up to eight free counseling sessions per contract year (September 1-August 31). Services are available on a self-referral basis as an aid to employees and family members who use the program as a means of resolving personal problems. These services are provided by highly qualified, experienced, and licensed EAP counselors. Use of EAP is private, professional, and strictly confidential.

To make an appointment for services please call the EAP number at (806) 743-1EAP or the toll free number at 1-800-327-0328. EAP sessions are available Monday-Friday (except holidays), during the daytime or in the evening. Usually you will be given an appointment within 2-3 days of your call. The EAP numbers also serve as a 24 hour helpline you can use when the EAP offices are closed. An answering service will connect you with a counselor.

EAP offices are located just east of the Psychiatry Clinic (1A300) at the Texas Tech Health Sciences Center (facing 4th Street).

EAP TTUHSC
Dept. of Neuropsychiatry
3601 4th Street STOP 8119
Lubbock, TX. 79430
743-1EAP, 1-800-327-0328
<http://www.eap.ttuhscc.edu>