



Eau Claire Area School District Employee Assistance Program

What is the Employee Assistance Program (EAP)?

Your EAP is a free and confidential service designed to help you address issues related to your relationships, family, finances, job, or everyday life. Skilled professionals are available for consultation and short-term counseling by phone or in person. We also offer referral to a wide range of resources and offer educational materials and seminars.

Who is eligible to use the EAP?

All Eau Claire Area School District employees and their family members are eligible to use the service at no charge.

Why should I use the EAP?

Everyone needs a listening ear from time to time when dealing with a personal or work-related challenge. The EAP offers you an opportunity to find some solutions and to improve your quality of life.

Will anyone know I have used the EAP?

The EAP is a confidential service and no information about you or your use of the EAP will be released without your written consent except when required by law.

Your EAP can help you manage any of the "bumps" that come in the road of life. Those might include problems of life scenarios, as outlined below, or they can include a concern you have about the mental health and wellbeing of you or a loved one. At the minimum, we can help you make a map and get a plan in place for how to get around that bump in the road. Our goal is to help you be your BEST- personally, and professionally. We can help!

- Family Concerns
- Financial Concerns
- Work – Home Balance
- Managing Worry
- Communication Issues
- Parenting concerns
- Relationship issues
- Caregiver stressors
- Wellness concerns
- Healthy Coping Mechanisms
- Home/Life/Relationship Safety

What Does the EAP cost?

Eau Claire Area School District values its employees so EAP services are available to employees and their families at no charge. If you are referred to a resource which is not covered by the EAP program your EAP professional will discuss this with you.

To schedule an appointment call:

1-888-261-5585

(Calls answered live 8 am - 5 pm, M - F)

For After Hours assistance call:

1-877-256-9302

*Telephonic counseling services
are also available.*

Aurora Community Counseling Office locations:

1302 Arlen Court
Eau Claire, WI 54703

408 Red Cedar St.
Menomonie, WI 54751

We can help.

Aurora
community services