

BACK TO SCHOOL

Your EAP is Here For You

Back to school can be a stressful time. Your EAP can help you address any anxieties, uncertainties, fears, or sadness and help you to develop healthy coping skills. We also have daily living consultants who can provide assistance with day-to-day responsibilities such as finding after-school programs and arranging after-school care.

We Also Provide

- In-the-moment 24/7 telephonic support
- Short-term counseling to help you deal with stress, anxiety, and other issues
- Telephonic life coaching to assist with goal-setting and action planning
- Referral to our AWARE Mindfulness Based Stress Reduction Program (when appropriate based on assessment)
- Stress and time management resources
- A comprehensive online library of articles and tip sheets on stress management, dealing with change, learning resources, etc.



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