

YCOE EMPLOYEE ASSISTANCE PROGRAM (EAP)



Confidential help with personal, family or job-related problems



What is an EAP?

An EAP is an employer-funded program intended to provide confidential counseling and therapy services to employees to deal with personal, family or job related problems. These may include stress, anxiety, depression, marital issues, family crisis, alcohol or substance use.



What are Your Benefits

- 10 visits per employee per fiscal year with no co-pay (July 1 – June 30)
- 10 additional visits per fiscal year with \$30 co-pay
- Available to employees and their immediate family members



How to Access Services

To get started, simply call, email or visit our website. Services are available in-person at our Davis office and via telehealth.



Winding Brook Health

Formerly Psychological Resource Associates

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FREQUENTLY ASKED QUESTIONS

WHAT IS AN EAP?

EAP is short for Employee Assistance Program, a benefit provided by Winding Brook Health (WBH) and paid by your employer with minimal costs to you. It provides you with access to counseling and therapy to address concerns and issues with your life confidentially to help prevent you from feeling overwhelmed and alone.



WHO HAS TO KNOW I AM USING EAP BENEFITS?

EAP Sessions are completely confidential. Only you, your therapist and the intake coordinator at WBH need to know.



WON'T MY SUPERVISOR KNOW IF I ASK FOR TIME OFF TO USE EAP?

EAP services are like medical appointments. You can request time off for medical reasons without stating it is for your EAP.



HOW WILL I MANAGE TO GET TIME OFF IF I'M NOT SICK?

YCOE values each employee and provides the EAP so that personal or workplace stress do not adversely affect your job performance. If you have no sick or vacation leave, the County allows comp time for appointments.



WHAT TYPES OF EAP SERVICES ARE OFFERED?

EAP benefits can be used for group and individual therapy, couples therapy, family therapy, or child therapy.



WHO WILL I BE TALKING TO?

WBH brings together a group of psychologists, social workers and marriage and family therapists that have been providing EAP services since 1979. They can help or they will refer you to someone who can.