Do Any of these Apply to You or Your Family?

Family Problems
Single Parenting
Dual Careers
Anxiety
Depression
Parent/Child Conflict
Job “Burnout”
Work-related Problems
Divorce
Career Change
Financial Pressures
Physical Abuse
Alcohol or Drug Problem
Life Transition
Aging Parents
Unresolved Grief
Marital Problems
Sexual Problems
Personal Concerns
Stress
Relationship Problems
Eating Disorders

What is your EAP?

As a part of our employee benefits package, your employer offers an Employee Assistance Program (EAP) provided by the UT Southwestern EAP. The program is designed to assist employees who may be dealing with personal problems that affect their relationships at home and at work. Your employer recognizes that employees and their families sometimes need to address problems in a confidential, professional manner.

What is my EAP coverage?

The EAP makes available a limited number of counseling sessions. This special benefit may be used by you and eligible members of your family. This benefit provides a set number of counseling sessions per person per problem issue.

- Employees/family members are eligible
- Private and confidential
- No fees, unless referred outside the EAP
- Daytime and evening appointments
- Professional staff (Master’s and above)
- Community EAP Providers

How do I know this service is truly confidential?

The purpose of the EAP is to provide assistance in a safe and private atmosphere. The EAP is committed to maintaining the program’s strict confidentiality.

When you seek help, the EAP counselor will not contact anyone at your employment without your written permission, and then only in accordance with applicable state and federal laws that govern both the employer and the employee.

What does it cost to use the EAP?

Evaluation, counseling and referral services through the EAP are provided at no cost to you. Should you and your counselor decide that a referral to an outside provider is necessary, those costs will be your responsibility.

Our EAP counselors are sensitive to individual financial circumstances and will make appropriate referrals based on your health insurance benefits and your individual needs. For more information, go to: