So, you may have heard of the site Emergency Action Plan (EAP) but do you know that there’s another EAP? It’s called the Employee Assistance Program. It is also known as a MAP or Member Assistance Program depending on your company or affiliation.

It may be part of your benefit package and may be available to you depending on your benefits.

I feel I should preface this by sharing the fact that this is service is confidential. A lot of workers think that their employer will find out the details of their call but that it not true.

(Some questions for the group)

Are you familiar with this program?

Do you know what your EAP phone number is?

Do you know what the EAP can do for you?

Depending on its structure, your EAP may provide access and advice to the following services:

1. Financial Support
2. Legal Support
3. Family Support
4. Nutritional Support
5. Mental Health and Counseling Services
6. Health and Wellness Coaching

There are limitations to what they can do so be sure to ask when you make the call. Again, it is private and confidential. You can verify when you call.

Employee/Member Assistance Programs are just that. They are designed to assist you, the worker, and help you and your family in your time of need or help you be proactive and the best version of yourself.

There a lot of the workforce that doesn’t know that this exits and what it can do for them. We are here today to help create awareness that there is help waiting for you if you need it. The challenge for you is to own it. Put the number or install
EAP Tool Box Talk

the App in your phone. Review the support that they can provide for you and understand the framework of how they work. Put them to work for you. The first step is to know your benefit. Find out how you can access it. Let me know if you need help. It may be a good idea to make this part of your site safety plan so it can be a resource for employees.

This is how I used my EAP and how it helped me...(brief personal story)

Also, I’d like to take a moment and recognize that sometimes the timeline for getting help may not fit the issue and it may be immediate. If you or someone you know are experiencing a crisis, please call the suicide prevention crisis line at 1-800-273-8255. That’s 1-800-273 TALK or you can text HELLO to 741741

Please put this number in your phone as it could save a life.

I have hard hat stickers available and this number is also posted at our First Aid Kits and on the banner on the fence.

Thank You and be well.