

## Your EAP Includes the Following...

- Short Term Counseling
- Budget and Debt Counseling
- Legal Consultations
- Financial Consultations
- New Parent Transition Program
- Comprehensive Website  
[www.WellnessWorkLife.com](http://www.WellnessWorkLife.com)

## You Just Need to Call...

The Wellness Corporation has a network of counseling locations throughout the United States. To schedule an appointment, please call during the following hours:

Monday -Thursday: 8:30 a.m. to 6 p.m. Eastern time  
Friday: 8:30 a.m. to 5 p.m. Eastern time

If the matter seems urgent to you, call anytime. A caring professional counselor is available to speak with you 24 hours a day, including weekends and holidays.



## Creative Solutions to Life's Challenges



## Another Valuable Resource...

[www.WellnessWorkLife.com](http://www.WellnessWorkLife.com)

- Over 5,000 articles
- Over 750 videos
- Financial Calculators
- Health and Wellness Assessments
- Interactive Training Courses

The following topics are covered on the website:

Balanced Life, Mental Health, Health, Financial, Legal and Trainings. This resource is available to all employees and their household members. Access to the website is free of charge and is available 24 hours a day, 7 days a week.

Go to [www.WellnessWorkLife.com](http://www.WellnessWorkLife.com), click on **New Members Register Here** and follow the one-time-only log-in instructions to create your confidential account. For the company name, use **Harvard University** (case sensitive).

[www.WellnessWorkLife.com](http://www.WellnessWorkLife.com)

1-800-327-4278  
1-800-EAP-HARV

Voice/TTY



## Your Employee Assistance Program



Harvard University's  
Employee Assistance Provider

The Wellness Corporation

512 West Main Street  
Shrewsbury, MA 01545



**THE WELLNESS CORPORATION**  
Building a Better World - One Organization at a Time

## Let Someone Help...

From time to time life presents us with challenges on the job or at home. Most of the time we can work through them. But sometimes, and for certain problems, solutions aren't easy to find.

When personal problems begin to detract from our quality of life, when they begin to have an adverse impact on our mental, emotional, or physical well-being, it is time to talk to someone.

Most importantly, it is time to talk to someone with professional knowledge and training, and a genuine willingness to help us identify and resolve our problems. It is time to contact the Employee Assistance Program (EAP).



## How It Works...

The EAP provides confidential assessment and referral services, and short-term counseling to help you and your household members work through life's challenges.

Your EAP services are provided by The Wellness Corporation. When you call, our staff will help you set up an appointment with one of our EAP counselors. Our counselors are all Masters and Doctoral level, licensed or certified professionals with many years of clinical experience.

Many problems can be resolved through short-term counseling. If you and the EAP counselor decide that other kinds of expertise would be helpful, the EAP counselor can make recommendations, and help refer you to the most appropriate resources.

You and the counselor will decide together the best approach to take to resolve your particular concern.

## Your EAP Costs You Nothing...

Harvard is concerned about your well-being and so provides this voluntary program at no cost to you.

However, you may be responsible for any costs outside the EAP sessions, such as for services by referred providers. Your EAP counselor will talk about these costs with you before outside services are used. Your health insurance plan may cover some or all of these expenses.

## Your EAP is Confidential...

The EAP does not share any information about your involvement or use of our services without your prior knowledge and written permission, except as may be required by law.

Caring, experienced professional counselors have helped thousands of people like you to effectively deal with personal problems and concerns such as:

- Anger, Anxiety, or Grief
- Communication Problems
- Drinking or Drug Use
- Domestic Violence
- Eating Disorders
- Health Problems
- Marital, Relationship, or Family Concerns
- Mood Swings, Depression
- Parenting
- Stress (at work or home, or financial)
- Suicidal Thoughts
- Work Issues or Performance Problems

And More. If something has been bothering you, call your EAP!