

Employee Assistance Program (EAP)

An Overview of EAP Counseling Services



Your EAP is here to support you during life's challenges and to help prevent small concerns from becoming bigger problems. Through the EAP, employees, household members, and dependents are eligible for **8 no-cost counseling sessions**, per issue, per year. Counseling is completely confidential, conducted by licensed counselors, and available in-person, telephonically, or virtually.

The following are just some of the many issues our EAP counselors can help you tackle.

- Anxiety and stress
- Burnout prevention and recovery
- Caring for older family members
- Career goals
- Change management
- Communication
- Conflict management
- Depression
- Family issues
- Goal setting and accountability
- Grief/loss
- Improving leadership skills
- Life transitions
- Parenting issues
- Relationship issues
- Substance abuse and addiction
- Time management
- Trauma
- Work-life balance
- Work stress

Looking to get started? Here's what you can expect.

Reach Out



Dial the number below or chat with us through the website or mobile app for referrals or in-the-moment support.

Share Some Information



You will be asked for a bit of information that will allow us to connect you with the most appropriate resources.

Receive Your Referrals



We'll provide you with a referral to an EAP counselor matched to your unique needs and preferences.

24/7/365 PHONE:
1.833.539.7285

WEBSITE:
SOWI.MyLifeExpert.com

CODE:
SOWI



UNIVERSITIES OF
WISCONSIN