

Your Employee Assistance Program

A benefit provided by



The Employee Assistance Program (EAP) is a CONFIDENTIAL counseling and wellness program that is provided as a benefit to all eligible University of Hawaii employees and their eligible family members at NO COST to you.

(Eligible employees include regular, temporary, and exempt employees of the University. Casual and 89-day hires, short-term exempt employees, student assistants, and non-compensated employees are excluded from this program. Employees must provide WDC and PN numbers from your paycheck stub when you call to verify eligibility.)

All information received from employees under the program shall be held in strictest confidence by the EAP.

Counseling Services

Up to three (3) sessions per year are available at no fee to the employee. Counselors are available across the Islands. You can receive assistance in areas such as:

- Marital Conflict
- Stress Management
- Alcohol or Drug Problems
- Interpersonal Issues
- Conflict at Work
- Coronavirus Concerns
- Family relationships
- Depression or Anxiety
- Grieving a loss
- Career Path
- Referrals to Community Resources
- Personal decision-making
- Domestic violence
- Anger Management problems
- Other emotional/behavioral issues

The concern does not have to be a critical one – many people use their EAP benefit to talk about their personal and professional growth or just to find an impartial ear to listen. Counseling sessions are available in person, and when appropriate, by phone and via secure video connections. If additional sessions are needed, EAP can refer employees to local, trusted providers and resources. A referral through EAP takes the worry and guesswork out of determining the best resource for providing the necessary care for you or your loved one.

Management Consultations

EAP consultation is available to all Supervisors, administrators, or Human Resources representatives. Information about employees may only be shared if the employee has signed a release of information authorizing such disclosure. Such consultation typically is provided over the telephone.

Critical Incident Support and Training

EAP may be utilized in the event of a “Critical Incident” that impacts staff, such as an employee or student death or student, or other traumas that impact a team. Supervisor Trainings and Employee Trainings on a variety of topics may also be utilized. These services may be provided onsite or via video.

The EAP Website: www.EAPacific.com

The Employee Resources section of the EAP website provides self-assessment tools and a searchable database that can assist in finding articles on a wide variety of topics relating to personal issues, home life, and work. Additionally, there are links to websites we think you would find useful.

For Assistance Call, Email, or go Online:

Oahu

597-8222

1221 Kapiolani Blvd., Suite 730



Neighbor Islands

Toll Free (877) 597-8222

Counselors are available
across each island