

# Help Anytime, Anywhere

## HOW THE EAP WORKS

To talk to someone about your feelings, call the toll-free number on this brochure. Your call will be answered by a master's-level clinical professional who will listen, help sort things out and collaborate with you to come up with a workable plan of action.

Your EAP counselor may continue to work with you directly, or may refer you to another professional in your community for counseling, resources or specialized treatment. If you choose, your counselor will research the most appropriate options and whether extended services are covered under your health plan.

## For Managers

Managers can receive one-on-one confidential information, resources, expert advice and counsel on a variety of workplace challenges, including:

- Absence
- Aggression and violence
- Alcohol and drug abuse
- Workplace traumatic events
- Change and transition

## Additional Services

IN ADDITION TO THESE CORE SERVICES, YOUR EAP ALSO OFFERS THE FOLLOWING:

- **GUIDANCE ON LEGAL AND FINANCIAL CHALLENGES**, including divorce, domestic violence, estate planning, mortgage issues and family budgeting. When appropriate, your EAP counselor can refer you to a carefully screened attorney or financial counselor in your community.
- **WORK/LIFE SERVICES**, such as information and referrals for child care, adult care and academic service providers in your area.

## Achieve Personal Success With Your Employee Assistance Program

ACHIEVE THE RESULTS YOU WANT—AS A PARENT, CHILD, SPOUSE, PARTNER, FRIEND OR EMPLOYEE.

- Talk it out with a knowledgeable, caring professional in confidence.
- Connect with resources.
- Gain a new perspective, strategy, information or solution.

Your employee assistance program (EAP) can help you deal with personal challenges that could affect your health, your relationships or your job effectiveness. The program is professional, confidential and free.

CONTACT YOUR EAP FOR CONFIDENTIAL COUNSELING AND ASSISTANCE ANY TIME!

**1-877-397-1032**

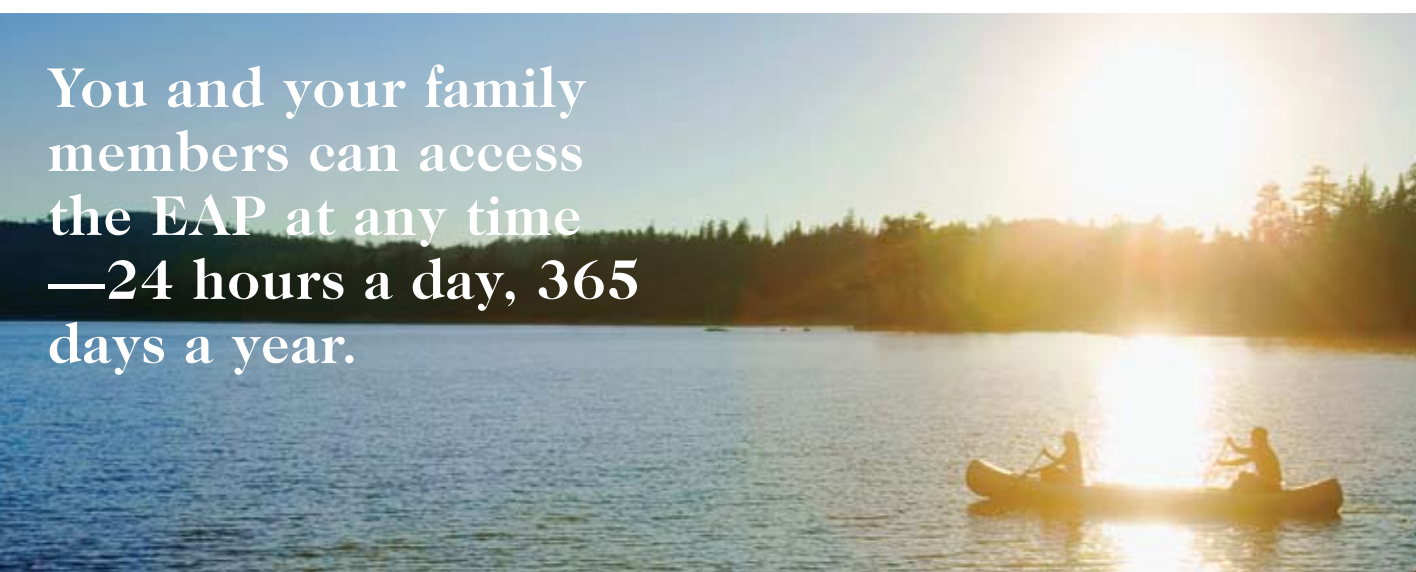
[www.achievesolutions.net/cvt](http://www.achievesolutions.net/cvt)



CONTACT YOUR EAP FOR CONFIDENTIAL COUNSELING AND ASSISTANCE ANY TIME!

**1-877-397-1032**

[www.achievesolutions.net/cvt](http://www.achievesolutions.net/cvt)



You and your family members can access the EAP at any time—24 hours a day, 365 days a year.

Whether the issue is large or small, simply call the toll-free number on this brochure, any time of day or night. A professional will work with you to design solutions that suit you. We have helped people achieve:

- Work/life balance
- Fulfilling relationships
- Healthy living
- Recovery
- Financial stability
- Sound mental health
- Personal growth
- Professional success

The EAP can help you head off an issue before it becomes a problem. It can also help you manage life events such as marriage, divorce, the birth of a child or retirement.

You can meet with someone in person or over the phone. You also can explore our award-winning Web site, Achieve Solutions®, for up-to-date information and interactive tools on 200 topics including depression, stress and alcohol.

**Your Employee Assistance Program (EAP) Resources, Referral and Counseling Services for personal success:**

- Work/life balance
- Fulfilling relationships
- Healthy living
- Recovery
- Financial stability
- Sound mental health
- Professional success
- Child and elder care



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CALIFORNIA'S  
VALUED TRUST

Healthcare Benefits for the Education Community



The EAP upholds strict confidentiality standards. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents the EAP with a legal obligation to release information.

**(877) 397-1032**

**To access Achieve Solutions®, go to:  
[www.achievesolutions.net/cvt](http://www.achievesolutions.net/cvt)**

*This brochure is for informational purposes only and does not guarantee eligibility for program services. ValueOptions® services do not replace regular medical care. In an emergency, seek help immediately.*

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# EMPLOYEE ASSISTANCE PROGRAM

OFFERING CONFIDENTIAL COUNSELING, EDUCATION AND REFERRAL

