

Support for Life's Challenges Available through the Employee Assistance Program (EAP)

January 21, 2025

Dear State Employee,

The stressors of life and work can be overwhelming, and finding support for coping with these challenges can be difficult. For assistance, as an **enrolled health plan member under the State Health Benefits program**, the [Employee Assistance Program \(EAP\)](#) provides the necessary resources needed to help with reducing stress and living with a mental health issue.

Did you know that the EAP provides counseling on topics such as financial planning, elder care, dealing with grief and much more at no extra cost so that you don't have to deal with these things alone? The EAP seeks to continually provide the mental and emotional support needed for you and your loved ones that is easily accessible to improve you and your family's overall well-being.

Key factors to keep in mind when seeking care under the EAP benefit that is included with your health plan benefits:

- Available to enrolled health plan members, their covered dependents, and their household members.
- Up to 4 no-cost counseling visits per issue per plan year, and visits can be face-to-face, by phone, or virtual.

For more information, visit the [Department of Human Resource Management website](#) for the EAP contact information for your specific health plan.

Thank you,

The Office of Health Benefits, DHRM

Published by the Virginia Department of Human Resource Management

www.dhrm.virginia.gov

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