



Human Resources - Employee Assistance Program

WCSU has partnered with the **E4 Health, Inc.** (formerly LifeScope) to provide the Employee Assistance Program (EAP) to employees & their families.

We believe that by providing a comprehensive EAP for our faculty and staff, we acknowledge that it is often difficult to balance work, life and other stressors in today's fast-paced world. The Employee Assistance Program's mission is to help you find solutions to those challenges, whether large or small. Participation is voluntary and strictly confidential. E4 Health has provided EAP services for over 25 years and they pride themselves on providing high quality services.

E4 Health EAP can be reached toll-free **24 hours a day, 7 days a week** at **800-828-6025 (Voice/TTY)**
The following services will be provided by **E4 Health**:

The Wellness Work/Life Website:

E4 Health's website is a resource for information on a wide range of issues. Additionally, you can take personalized health and wellness assessments, print out various useful forms and legal documents, and much more.

- **E4 Health Employee Assistance Program Website:** <http://www.helloe4.com>

Login Information: To log into the E4 Health Website, click on the link above and enter the following user name and password:

WCSU Username: Western Connecticut State University - **Password:** guest

Monthly Bulletins & Webinars

E4 Health publishes monthly bulletins & webinars in a variety of topics.

EAP Bulletins may be found at: <http://www.helloe4.com/bulletins/>

EAP Webinars may be found at: <http://www.helloe4.com/webinar/>

Confidential Counseling

E4 Health offers up to three (3) face-to-face counseling sessions per issue, per year for our members and household members. Our trained, professional counselors will help to identify and resolve whatever personal issues you or your family may be having, including:

Stress & Anxiety	Anger or Depression	Substance Abuse
Relationship Issues	Parenting Issues	Grief and Loss

Legal Consultations

When you call E4 Health, we will connect you with an attorney for a free, 30-minute consultation. Should your legal matter be more complex in nature, you will be referred to an attorney at a 25% discounted rate. Examples are:

Contracts	Bankruptcy	Real Estate Transactions
Civil Lawsuits	Divorce	Criminal Actions



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Financial Resources

Financial issues leave you feeling stressed and confused. Having someone with who you can discuss your options can help you feel more in control. E4 Health's financial professionals are available to help you address issue including the following:

Budget & Debt	Estate Planning	Bankruptcy
Credit Card Issues	Tax Advice	Planning for Retirement

Telephonic Health & Wellness Coaching

Your health coaching program offers on-line resources and one-on-one coaching for health related issues. When you contact E4 Health you will be offered assistance with some of the following:

Walking/Fitness Programs	Nutrition Advice	Chronic Disease Management
Weight Loss	Smoking Cessation	

Work/Life Resources

The Work/Life program offers information resources and referral services. From becoming a new parent to taking care of an aging relative and more. E4 Health's specialists will provide you with resources to help you make educated decisions. Some of our most frequent requests include:

New Parent Coaching	Special Needs Programs	Educational Programs
Child/Elder Care Services	Adoption Assistance	Summer Camps