

YOUR RESOURCES:

THE EMPLOYEE ASSISTANCE PROGRAM

NEED HELP?

All corpsmembers have access to the State of California Employee Assistance Program, which offers three free counseling visits and referrals.

The focus of EAP is short-term problems. If you require long-term behavioral health care treatment, talk to your supervisor! They can help you find the help you need. You can also use EAP to obtain referrals to other community resources.

CLINICAL COUNSELING

Through the Managed Health Network (MHN), your health program provides assessment, assistance, and, when necessary, referral to additional services. As a CCC employee, you are able to access three face-to-face or telephone consultations per year for the following services:

- Alcohol and drug dependency
- Depression
- Stress and anxiety
- Domestic violence
- Grief and loss
- Marriage, relationship, and family problems

To reach MNH by phone, simply call at **(866) EAP-4SOC (866-327-4762) or TDD (800) 327-0801**. Specially trained customer service representatives and professional EAP counselors are available 24 hours a day, 7 days a week to confidentially discuss your concerns and ensure that you receive the assistance you need. You will need to provide your name, the name of your agency or department (and facility name if applicable), and your collective bargaining identification (CB/ID) code. If you do not know your CB/ID code, MNH can help you identify it if you provide your exact job title.

ONLINE MEMBER SERVICES

You can utilize EAP services online at www.EAP4SOC.mhn.com. Using this site, you can search for a counselor or ask an expert an emotional health question. You can also access online assessments and self-help programs for stress, depression, insomnia, anxiety and substance abuse.

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