



## **Employee Assistance Plan (IUEAP)**

1-888-234-8327

Available to full-time Indiana University Academic and Staff employees and their household members.

*[www.hr.iu.edu/benefits/eap.html](http://www.hr.iu.edu/benefits/eap.html)*

Obtaining confidential IUEAP services starts with a phone call – **1-888-234-8327**. EAP professionals will help you determine how IUEAP can help with concerns such as:

- divorce and separation
- conflict in the workplace
- parent-child conflicts
- stress
- care of elderly parents
- relationship problems
- grief and loss
- phase of life adjustments

Not all problems are appropriate for EAP, but for those that are, a referral may be made for face-to-face counseling visits with an EAP counselor in your community.