

INTRODUCING: YOUR NEW EAP

PSCS EMPLOYEE ASSISTANCE PROGRAM (EAP)

Everyone can use a little help sometimes. That's where your EAP benefit comes in. **Beginning July 1, 2023**, your new EAP will be offered through Public Safety Crisis Solutions (PSCS). PSCS allows you to speak with a highly trained and compassionate coach who can help you and your family with things like:

- ✓ Stress and anxiety
- ✓ Relationship/marital conflicts
- ✓ Grief, loss, and life adjustments
- ✓ Work-life balance
- ✓ Burnout
- ✓ Sleep deprivation
- ✓ Minor depression management
- ✓ Anger management

Your benefit includes 12 one-on-one counseling sessions per family member, per year at no cost to you.

IMPORTANT: This benefit does not go into effect until July 1, 2023.

WORK-LIFE SOLUTIONS

Get the everyday help you need with PSCS's Work-Life Solutions. Call the number at the bottom of the page for assistance with topics including:

- ✓ Finding child or elder care
- ✓ Housing searches
- ✓ Seeking financial assistance
- ✓ Finding pet care
- ✓ Sending a child off to school
- ✓ Planning a major project or event