

# What is an EAP?

A Construction Suicide Prevention Partnership Toolbox Talk\*

[www.suicide-stops-here.org](http://www.suicide-stops-here.org)

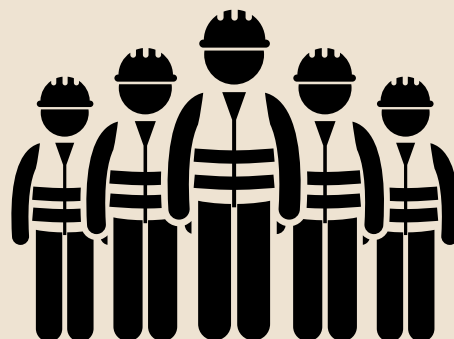
In construction, we rely on EAPs, Emergency Action Plans, to respond to critical incidents on a job site, but do you know there's another EAP? It's called the Employee Assistance Program.

EAPs may be part of your employee benefits package. An (EAP) is a work-based intervention program designed to assist you in resolving personal problems that may be adversely affecting your work performance. EAP services are maintained in the strictest confidence, your employer does not have access to what you discuss with your EAP practitioner.

Employee Assistance Program may also be referred to as MAP or Member Assistance Program depending on your company or affiliation.

## Discussion Questions for the Group

- Who is familiar with this program?
- Do you know what your EAP phone number is?
- Do you know what the EAP can do for you?
- If you can, share a personal experience with EAP.  
"This is how I used my EAP and how it helped me...  
(brief personal story)"



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## Your EAP May Provide Access to the Following Services:

	Financial Support	
	Legal Support	
	Family Support	
	Nutritional Support	
	Mental Health and Counseling Services	
	Health and Wellness Coaching	
	Career Counseling	

Different EAPs have different levels of service, but again all EAPs are private and confidential. You can verify when you call. They are designed to assist you and your family in your time of need or help you be proactive and the best version of yourself.

While many of you may have not known about EAPs, we are here today to help create awareness that there is help waiting for you if you need it. The first step is to know your benefit. Find out how you can access it. Review the support that they can provide for you and understand the framework of how they work.

You can save the number or install the app on your phone.

## If you or someone you know is in crisis...

- Call or text the Suicide and Crisis Lifeline by dialing 988
- Text the Crisis Textline "HELLO" to 741741



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