

Employee Assistance Program

The Employee Assistance Program, provided by ComPsych, offers free, confidential, short-term counseling to all eligible employees and their household members.

What happens when you call?

When you call, you will speak with a counselor who will collect some general information and talk with you about your needs. They will provide the name of a counselor to assist you, who you can then set up an appointment with.

Who knows you called?

Each call is anonymous. No one will know you called unless you tell them. No information about your usage is shared with the university.

Who can use the services?

All eligible employees can use the program, along with their spouse, dependents, and other household members.

Why might you use this program?

Common concerns addressed are stress, anxiety, depression, grief, family concerns, work-life balance, alcohol or substance misuse, and much more.

Call 24/7 to access:

833.515.0754

or learn more at umsystem.edu/totalrewards/benefits/eap