

# ABOUT EAP

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The Mount Sinai Health System Employee Assistance Program (EAP) provides support and resources to our faculty and staff. Our program provides help for employees dealing with everyday issues that may affect mental health, well-being, and job performance. We understand how personal problems and the stress of work can take a toll on you. We are here to offer a helping hand; with the support of the EAP, you can avoid job-performance issues and feel a sense of support.

- Professional
- Confidential
- Timely
- Solution focused

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We are committed to providing you with the resources and services you need to stay healthy, mentally and physically. Our user-friendly service provides a range of service options for those employees seeking assistance.



**Mount  
Sinai**

## Employee Assistance Program

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### Contact Us

#### **The Mount Sinai Hospital**

212-241-8937

#### **Mount Sinai Downtown**

212-844-2273

#### **Mount Sinai West**

212-241-8937

#### **Mount Sinai Morningside**

212-241-8937

#### **For more information, visit:**

[www.mountsinai.org/eap](http://www.mountsinai.org/eap)

**WE FIND A WAY**

# Employee Assistance Program

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A confidential short-term counseling and referral service for employees and their families



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# EAP FAQs

## Why have an Employee Assistance Program (EAP)?

Employees' lives are multidimensional and the work place is ever demanding. Everyone faces problems in daily life. Usually such problems get resolved. At times, resolution is elusive and problems are ongoing. As a result, we may feel overwhelmed and unsure of the best way forward. When this happens, our happiness, our relationships, our work and even our health may suffer. In such instances, the assistance of a professional is helpful. Without focus and attention, problems may worsen, making life feel burdensome. With the support of the EAP, employees may avoid job performance problems and achieve an improved sense of well-being.

## Is the service confidential?

Yes. Although the employer sponsors the program, the evaluation and counseling process remains a private and confidential matter between the employee and the counselor.

## What types of problems will the EAP help with?

The program deals with the problems of living, those that affect job performance and those that may impair emotional health. These may include stress or burnout, depression, anxiety, marital difficulties, divorce, financial stress, problems with substance abuse, eating disorders, interpersonal conflict, structural oppression, and workplace violence.

### The Basics of Self Care

- ▶ Be Physically Active
- ▶ Eat a Healthy Diet
- ▶ Sleep!
- ▶ Spend Time with People Who Support You
- ▶ Take your Medicine
- ▶ Find Ways to Relax
- ▶ Limit Alcohol Consumption
- ▶ Make Time for Things You Enjoy

## Will the EAP help my spouse, children or my domestic partner?

Immediate family members (insurance covered dependents) who need help are eligible for this service too. It is understood that an employee with a family member in need of help will perform their job better if their family members are cared for, thus the EAP also supports family members of employees.

## Are there costs to use the EAP?

No. There are no fees associated with EAP service, no insurance claims and no co-pays.

