



## Employee Assistance Program (EAP)

Life is full of challenges and sometimes balancing it is difficult. Bakersfield Heart Hospital is proud to provide a **confidential** program dedicated to supporting the emotional health and well-being of our employees and their families.

The EAP is provided at **NO COST** to you through McLaughlin Young Employee Services and can help with the following issues, among others:

- Stress, anxiety or depression
- Marital Conflicts
- Relationships
- Empty-nesting
- Problems with your children
- Workplace conflict
- Substance abuse
- Legal Issues
- Grief and loss
- Mental Health

### EAP Services

- Assistance for you or a household family member
- Up to six (6) in-person sessions with a counselor, per year, per individual
- Unlimited toll-free phone access 24/7
- Online resources 24/7
- Work/life services for assistance with child care, elder care, financial issues, plus much more

**1-800-633-3353**

