# EAP Services

**Free, Confidential Access to Therapeutic Counseling, Legal, Financial, and Online Services through your Employee Assistance Program**

## Summary

Lamar Institute of Technology provides employees a free and confidential mental health benefit through an Employee Assistance Program in partnership with Interface EAP. Employees, except part-time student employees and non-benefits eligible employees, have access to the EAP, which is free (there is no money out of your check) and 100% confidential. The EAP is available to the employee, employee's spouse, and children up to 26 years of age. There is nothing to sign up for – enrollment is automatic.

## Benefit

The EAP provides up to 5 face-to-face counseling sessions with a therapist for issues such as stress, depression, grief, substance abuse, marriage and family issues. Different issues require authorizations to different counselors. In addition, members may speak with a financial planner for financial advice free for half an hour, and may speak with an attorney for legal advice free for half an hour (some exclusions apply). Additional benefits are available. All services are accessed by dialing Interface EAP at 800-324-4327. Office hours are Monday-Friday from 7:30a-6:00p Central, but the toll free number is also a 24 hour crisis line, with live therapists available anytime day or night for emergencies.

Work/Life, Health and Wellness resources are available online for all members. To access visit **www.4eap.com**

Here is the login: Username: LamarInstitute
Password: 480

## Confidential

The program is confidential – Interface EAP does not disclose to Lamar Institute of Technology who has called. The program is free, so all it will cost you is time. If you have any questions, please contact your EAP.

**Call for free, confidential help with issues such as:**

- *Stress
- *Depression
- *Anxiety
- *Substance Abuse
- *Marital Issues
- *Family Issues
- *Grief/Loss
- *Legal/Financial
- *Career Development
- *Work/Life Balance
- *Trauma

**CALL YOUR EAP TODAY FOR FREE & CONFIDENTIAL ASSISTANCE**

**713-781-3364**
**TOLL FREE 1-800-324-4327**

**HABLAMOS ESPAÑOL**
**1-800-324-2490**

**info@ieap.com**

**Crisis Counseling available 24/7-365**

Interface EAP