

Employee Assistance Program

Montgomery County Schools offers employees who work thirty or more hours each week free access to a multi-tier employee assistance program (EAP) via **Colonial Life**. You must carry the Colonial Basic Life, that MCS provides, *plus* personal Group Term Life to be eligible. Employees receive three free consultations.

This service provides confidential counseling and resources via phone, in-person or online for a variety of personal and work issues that include but are not limited to:

- *stress, anxiety, and depression*
- *substance dependency/addiction*
- *grief and loss*
- *special needs services*
- *staying healthy*
- *childcare, camps and after-school care*
- *identity theft resources*
- *retirement planning*

[Employee Assistance Program](#)

FOR ASSISTANCE:

1-88-645-1772

OR

Visit ColonialLife.com/EAP

Employee Assistance Program



What is it?

Employee Assistance Program

Our Employee Assistance Program (EAP) offers confidential, short-term counseling from Licensed Professional Counselors for a full range of personal issues and achieving a healthy work/life balance across the life span. In a crisis, emergency help is available 24/7.

- Stress, anxiety, depression
- Relationship, family, parenting issues
- Substance Abuse
- Anger, grief, loss
- Life transitions
- Referrals for additional treatment, as needed



Welcome Video
(Closed Caption Available)

[Watch Now](#)

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