

# DJUSD EMPLOYEE ASSISTANCE PROGRAM (EAP)



## Confidential help with personal, family or job related problems



### What is EAP?

The EAP is an employer-funded program intended to provide confidential counseling and therapy services to employees to deal with personal, family or job related problems. These may include stress, anxiety, depression, marital issues, family crisis, alcohol or substance use.

### What are Your Benefits

- 10 visits per employee per fiscal year with no co-pay (July 1 - June 30)
- UNLIMITED visits per fiscal year with \$30 co-pay
- Available to employees and their immediate family members



### How to Access Services

To get started, simply call or email the Intake Coordinator to confidentially discuss your needs and connect with a provider. Services are available in-person at our Davis office and via telehealth.



### Psychological Resource Associates

1627 Oak Avenue, Suite A  
Davis, CA 95616  
Ph: (530) 756-0555  
praintake@gmail.com





# FREQUENTLY ASKED QUESTIONS

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## WHAT IS AN EAP?

EAP is short for Employee Assistance Program, a benefit provided by Psychological Resource Associates (PRA) and paid by your employer with minimal costs to you. It provides you with access to counseling and therapy to address concerns and issues with your life confidentially to help prevent you from feeling overwhelmed and alone.

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## WHO HAS TO KNOW I AM USING EAP BENEFITS?

EAP Sessions are completely confidential. Only you, your therapist and the Intake Coordinator at PRA need to know.

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## WON'T MY SUPERVISOR KNOW IF I ASK FOR TIME OFF TO USE EAP?

EAP services are like medical appointments. You can request time off for medical reasons without stating it is for your EAP.

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## HOW WILL I MANAGE TO GET TIME OFF IF I'M NOT SICK?

DJUSD values each employee and provides the EAP so that personal or workplace stress do not adversely affect your job performance. If you have no sick or vacation leave, DJUSD allows Comp Time for appointments.

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## WHAT TYPES OF EAP SERVICES ARE OFFERED?

EAP Benefits can be used for group and individual therapy, couples therapy, family therapy, or child therapy.

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## WHO WILL I BE TALKING TO?

PRA is a group of psychologists, social workers and marriage and family therapists that has been providing EAP services since 1979. They can help or they will refer you to someone who can.