Employee Assistance Program

The Employee Assistance Program at LBNL

Employee Assistance Program (EAP) helps employees and their family members find solutions to personal and work-related challenges through counseling, consultation, assessment, and referrals. All services are voluntary, confidential, and free of charge.

Comprehensive Counseling Services

- Anxiety, depression, and other emotional concerns
- Relationship or family difficulties
- Alcohol, drug, gambling, and other addictions
- Work-related stress or conflicts
- Organizational and job changes
- Workplace violence concerns
- Traumatic events, grief, and loss
- Financial pressures
- Domestic abuse
- Health and disability concerns
- Balancing work and personal demands
- Elder and dependent adult care concerns

Eligibility

EAP is available to all Berkeley Lab employees and their spouses/domestic partners and dependents. Non-employees, such as UC faculty, graduate student research assistants (GSRAs), and students will be connected to their appropriate campus resources.

Services for Supervisors and Management

- Phone or in-person consultations
- Critical incident response following crisis events
- Workplace threat of violence assessment and management, in coordination with UCPD and UCB Behavioral Risk Assessment Team (BRAT)
- On-site small work group facilitation
- Workshops and training customized to department needs
- Educational materials
- Policy, program, and behavioral health benefits consultation

Services for Individuals

Problem Assessment:

EAP offers a safe environment in which to discuss your concerns confidentially. EAP professionals are available to answer your questions, help set your priorities, and determine appropriate campus and community resources for you. EAP professionals offer their perspective on what is going on and will work collaboratively with you to develop an action plan to address the problems.

Referral:

EAP has an extensive and well-researched directory of community resources to draw from when making referrals. In addition, EAP professionals have identified and liaised with qualified mental health and chemical dependency resources within the health plans available to faculty and staff. EAP professionals can assist you in finding providers who can meet your time, availability, diversity, and other special needs. Co-workers or colleagues who are concerned about someone they work with can also call the EAP to discuss how they may assist that person in getting the help they may need.

Crisis Intervention:

EAP professionals respond to individuals and work groups experiencing critical incidents or problems, such as a death at work or threat of violence.
Elder Care Program

The Elder Care Program offers confidential, free assistance to employees who are caring for or concerned about an elder or dependent adult with a wide range of issues, including:

- confidential counseling, consultation, assessment, and referral to local and long-distance resources.
- consultation for supervisors, managers and colleagues regarding faculty and staff who are experiencing stress and/or performance problems due to care giving responsibilities.
- informative workshops and webinars.

Confidentiality Statement

The Employee Assistance Program is strictly confidential and in compliance with the state and federal regulations. Information about your contact and participation may be released only with your explicit consent or when legally mandated. All records are kept confidential and separate from any other employee records and secured solely within the Employee Assistance Program.

Please note that confidentiality of electronic mail is not guaranteed. Much like a postcard sent via U.S. mail, e-mail can be easily observed by a third party while on transit to its destination.

Transportation

- There is a Berkeley Lab shuttle stop near the Tang Center on Bancroft Way.
- There are limited parking spaces in the surrounding areas, lots, and metered spaces.
- The Tang Center is a short walk distance from the Downtown Berkeley BART station and AC Transit bus stops.

Appointments

Typically, appointments are scheduled during regular office hours, Monday through Friday, between 8am and 5pm. Upon request, they may be scheduled immediately after work. Telephone appointments can be arranged for those who are unable to visit the Employee Assistance office on the UC Berkeley campus.

Contact Information

Phone: (510) 643-7754  
E-mail: employeeassistance@berkeley.edu  
Web Site: https://uhs.berkeley.edu/bewellatwork/employee-assistance  
Location:  
University of California, Berkeley  
University Health Services  
Tang Center (3rd Floor)  
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