HARVARD’S EMPLOYEE ASSISTANCE PROGRAM

A confidential program for faculty, staff, and household members. Contact KGA for counseling, consultation and/or referral. 1-877-EAP-HARV (877-327-4278)

WORKPLACE CONSULTATION
Manager Consultation
Workgroup Training
Workplace Stress Management
Onsite Crisis Support
Leadership Support
Promoting a Civil Workplace
Help with Hostility, Conflict & Bullying
Performance Problems
Workgroup Problem Solving
Mediation
Career Exploration and Counseling
Career Interest Testing
Job Search Strategies
Career Web Sites

SHORT-TERM COUNSELING
Stress Management
Stress-Related Illness
Meditation Training
Time Management
Alcohol Assessment
Family Problems
Depression Screening
Anxiety and Panic Disorders
Coping with Change
Relationship Concerns
Mindfulness
Substance Use and Abuse
Problem Gambling

LEGAL ASSISTANCE
Consumer Issues
Credit Problems
Bankruptcy
Income Tax
Estate Planning
Wills, Trusts and Probate
Immigration
Separation and Divorce
Child Custody and Child Support
Domestic Violence
Elder Care and Medicaid
Nursing Home Issues
Real Estate Purchase and Sale
Landlord-Tenant Disputes

FINANCIAL CONSULTATION
Budgeting
Money Management
Debt Management
Debt Crises
Retirement Planning
College Planning
Tax Resources
Wills and Trusts
Insurance Planning

ELDER CARE RESOURCES
Elder Care Information and Referral
Nursing Home Referral
In-Home Assistance and Support
Hospice Programs
Life Care and Retirement Programs
Housing Options
Transportation Services
Caregiver Support
Home Health Care Services
Respite Care
Legal and Financial Assistance
Elder Day Care
Meals on Wheels

PARENTING RESOURCES
Child Care Information and Referral
Child Care Centers
Family Day Care
Nannies/In Home Day Care
Pre-Schools and Toddler Programs
Summer Camps
Back Up Care
After-School Care
Adoption
Pregnancy and New Parenting
Parenting Concerns
School Selection
Special Education

WORK - LIFE RESOURCES
Health Information
College Planning
Fitness Programs and Trainers
Yoga Classes
First Time Home Buyer Information
Transportation Options
Organizing Services
Home Cleaning and Moving Services
Classes for Adults and Children
Resources for Apartment Searches
Health Spas
Pet Care, Insurance and Adoption

HEALTH AND WELLNESS
Nutrition Consultation
Weight Management
Sleep Disturbances
Chronic Illness
Food Allergies
Eating Disorders
Gastrointestinal Problems
Immune System Support
Sports Nutrition
Smoking Cessation
Wellness Education

We're Here. It's Confidential. Harvard University’s EAP website harvardeap.kgreer.com