

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)**



HARVARD
UNIVERSITY

KGA

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