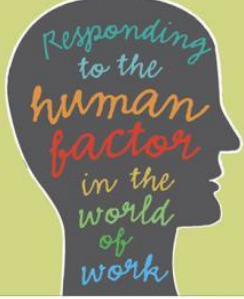




# City of Pittsburgh Employee Assistance Program



## How can we help?



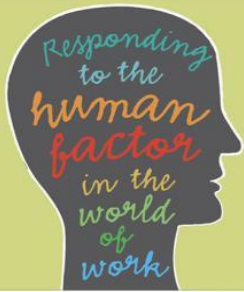
### CLAREMONT EAP

The Employee Assistance Program (EAP) is a benefit provided to City employees and their covered dependents. The new EAP provider is Claremont. Claremont's EAP services help you resolve personal issues before they become more serious and difficult to manage. You and your family members can receive professional, confidential counseling at no cost. Claremont also provides access to resources that can help you address many personal concerns or question.

- **Who is covered?** Employees and their covered dependents. Covered dependents include family members that live in your household, domestic partners, or a child up to age 26, living in the household or not.
- **Who provides EAP services?** Claremont is a firm of select professionals who can help you with life's challenges. You will be referred to a conveniently located counselor or resource with expertise in your area of concern.
- **Who will know?** The EAP is a confidential service. Claremont understands the importance of maintaining your privacy. Your involvement with Claremont is afforded the maximum confidentiality permitted under the law.
- **At what cost?** EAP services are a benefit provided to you by your employer and there is no cost to you or your covered dependents.
- **What's the first step?** Call **800-834-3773** to discuss your question or issue with an experienced counselor who will refer you to a counselor or resources most appropriate for your needs.

Call toll-free, 24 hours a day, seven days a week **800-834-3773**  
Or visit us at: **[www.claremonteap.com](http://www.claremonteap.com)**

CLAREMONT EAP



# How can we help?



CLAREMONT EAP

## Counseling visits

The EAP offers 8 free counseling visits per incident, per rolling 12 months for almost any personal issue. Our staff will work with you to find the most appropriate counselor to meet your needs.

- Marital/Relationship issues
- Parenting/Family issues
- Work concerns
- Depression
- Anxiety
- Stress
- Substance abuse
- Other issues impacting your quality of life

## Work/Life referrals\*

Our Work/Life consultants can provide you with referrals and information for services such as:

Child care  
Elder care  
Pet care  
Adoption assistance  
School/College assistance  
Health and wellness  
Convenience referrals

\*The EAP cannot offer recommendations for Work/Life Referrals. Individuals have the responsibility to evaluate and choose the most appropriate services to meet their needs.

## Legal consultation

Attorneys are available to answer your legal questions, either in-person or over the phone. The EAP provides up to 30 minutes of free consultation per issue. On-going services, if required, are offered at a 25% discount. The EAP can assist with legal issues such as:

- Divorce
- Child custody
- Real estate
- Personal injury
- Criminal law
- Free simple will kits

## Financial consultation

Financial professionals and licensed CPAs will provide telephonic coaching on a range of concerns. The EAP provides up to 30 minutes of free consultation per issue. The EAP can help with financial issues such as:

Budgeting  
Debt management  
Tax planning  
Retirement  
Home buying strategies  
College planning  
Credit report coaching

CLAREMONT EAP

800-834-3773

[www.claremonteap.com](http://www.claremonteap.com)